

Neural Tension Stretches – Upper Limb (NTUL)

NTUL

Pain that originates from the nervous system can be experienced if the nerves are mechanically irritated (e.g. trapped by soft tissues or bone) or there is tightness of the nervous system.

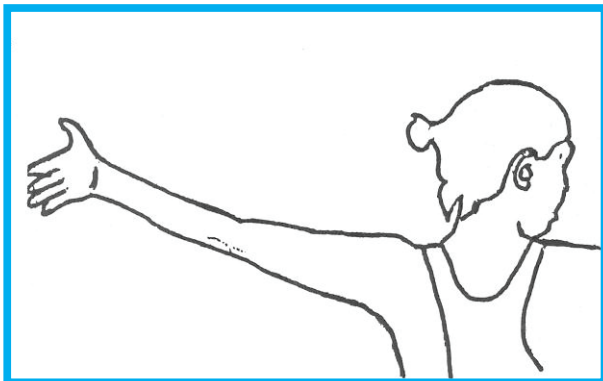
Due to the sensitive nature of nerves it is usual to feel some increase in symptoms in the hours after performing these exercises. This should settle within 24 hours. If symptoms persist for longer than this period please contact your physiotherapist for advice.

It may take between 10-14 days before any noticeable improvement is gained from stretching, even when doing it regularly.

You should stretch as far as comfortable. Muscles and nerve tissue stretch best when a slow gentle force is applied.

It is important **NOT** to:

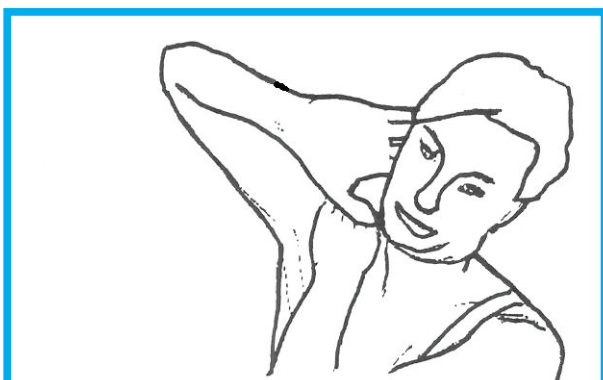
- Bounce at the end of range
- Hold your breath whilst stretching
- Overdo any stretching exercise



1. Stand sideways to a wall. Straighten your arm at the elbow and place the palm of your hand flat against the wall. Press your bodyweight into your hand. Turn your head towards the opposite shoulder.

Hold 5 seconds.

Repeat 5 times.



2. Place the palm of your hand on or near to your ear with your fingers pointing down to the floor. Hold your arm up and away from your body with the elbow and wrist bent.

Hold 5 seconds.

Repeat 5 times.