



Vlaamse Manueel Therapeuten Vereniging  
VMTV vzw

Upper limb

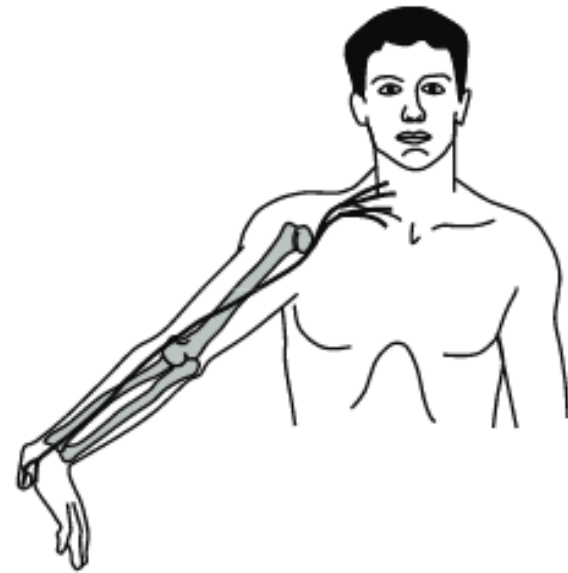
# NEURODYNAMICS

ANDRÉ RAYMAEKERS

# The median nerve

## ULNT 1

- Shoulder in abduction and ER
- Elbow in extension
- Forearm in supination
- Wrist extension



# ULNT 1

## the javelin

- Shoulder in abduction and ER
- Elbow in extension
- Forearm in supination
- Wrist extension



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# The radial nerve

## ULNT 2

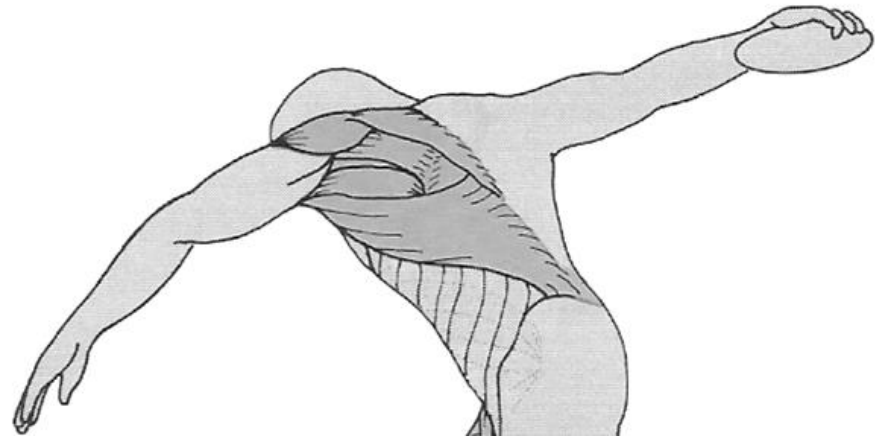
- Shoulder in abduction and IR
- Elbow in extension
- Forearm in pronation
- Wrist flexion



# ULNT 2

## discus throwing

- Shoulder in abduction and IR
- Elbow in extension
- Forearm in pronation
- Wrist flexion



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# The ulnar nerve

## ULNT 3

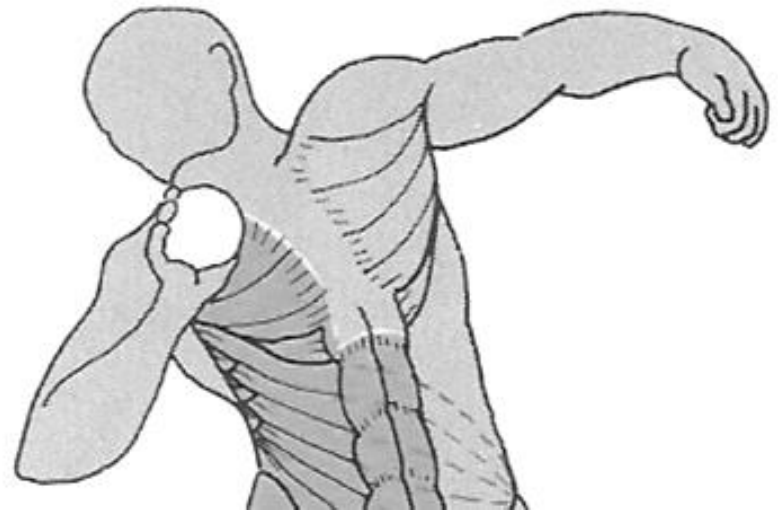
- Shoulder in abduction and ER
- Elbow in flexion
- Forearm pronation
- Wrist extension



# ULNT 3

## the shot-put

- Shoulder in abduction and ER
- Elbow in flexion
- **For**arm in pronation
- Wrist extension



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