

334
335
336

Appendix A. Standard sequence of joint movements and suggested structural differentiation maneuvers (sensitizing movements at a site distant to the pain) for each ULNT (Nee et al, 2012)

ULNT 1 (median nerve) :

- Shoulder girdle stabilization
- Shoulder abduction
- Wrist/finger extension
- Forearm supination
- Shoulder external rotation
- Elbow extension
- Structural differentiation:
Cervical side bending or release wrist extension



ULNT 2a (median nerve) :

- Shoulder girdle depression
- Elbow extension
- Shoulder external rotation and forearm supination
- Wrist/finger extension
- Shoulder abduction
- Structural differentiation:
Cervical side bending, or release shoulder girdle depression or release wrist extension



ULNT 2b (radial nerve) :

- Shoulder girdle depression
- Elbow extension
- Shoulder external rotation and forearm pronation
- Wrist/finger flexion
- Shoulder abduction
- Structural differentiation :
Release shoulder girdle depression or release wrist flexion



ULNT 3 (ulnar nerve) :

- Wrist/finger extension
- Forearm pronation
- Elbow flexion
- Shoulder external rotation
- Shoulder girdle depression
- Shoulder abduction
- Structural differentiation :
Cervical side bending, or release shoulder girdle depression or release wrist extension

