

Ulnar Nerve Fluid Dynamics with Ulnar Nerve Bias Neurodynamic Mobilization vs. Sagittal Plane Passive Range of Motion at the Elbow

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Context: It has been established that Neurodynamic mobilization (NDM) results in intraneural fluid movement, a reduction of mechanosensitivity, and a decrease intraneural edema, but it is unclear if a pumping or flushing action exists due to tension which results from NDM or simply because of the repetitive passive range of motion (ROM). A flushing of intraneural fluids may exist as a side effect of repetition of general ROM exercises to the affected anatomical area of entrapment and compression syndromes just as NDM has been shown to change fluid dynamics and decrease intraneural edema in peripheral nerves.