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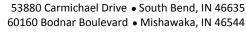
Post-Operative Rehabilitation Protocol Following Ulnar Nerve Transposition

Phase I—Immediate Post-Operative Phase (Week 0-1)

- Goals
 - o Allow soft tissue healing of relocated nerve
 - o Decrease pain and inflammation
 - o Retard muscular atrophy
- Week 1
 - o Posterior splint at 90° elbow flexion with wrist free for motion (sling for comfort)
 - Elbow compression dressing
 - Exercises
 - Gripping
 - Wrist ROM (passive only)
 - Shoulder isometrics (no shoulder ER)
 - o Discontinue splint at 7-10 days

Phase II—Intermediate Phase (Week 3-7)

- Goals
 - o Restore full pain free range of motion
 - o Improve strength, power, endurance of upper extremity musculature
 - o Gradually increase functional demands
- Week 3-5
 - o Progress elbow ROM, emphasize full extension
 - o Initiate flexibility exercises for:
 - Wrist ext/flexion
 - Forearm supination/pronation
 - Elbow ext/flexion
 - Initiate strengthening exercises for:
 - Wrist ext/flexion
 - Forearm supination/pronation
 - Elbow ext/flexors
 - Shoulder program (Thrower's Ten Shoulder Program)
- Week 6-7
 - Continue all exercises listed above
 - o Initiate light sport activities



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Phase III—Advanced Strengthening Program (Week 8-12)

- Goals
 - o Improve strength/power/endurance
 - o Gradually initiate sporting activities
- Week 8-11
 - o Initiate eccentric exercise program
 - o Initiate plyometric exercise drills
 - o Continue shoulder and elbow strengthening and flexibility exercises
 - o Initiate interval throwing program for throwing athletes

Phase IV—Return to Activity (Week 14-32)

- Goals
 - o Gradual return to activities
- Week 12
 - o Return to competitive throwing
 - o Continue Thrower's Ten Exercise Program