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ULNAR NERVE TRANSPOSITION PROTOCOL

0 - 2 weeks:

- Pain and edema control.
- Patient will be in an elbow LROM brace for 2-4 weeks
- LROM brace unlocked to available pain free range
- Light grip strength activities; theraputty or soft stress ball
- Wrist AROM activities, within patient's pain tolerance
- Elbow PROM, within patient's pain tolerance
- Shoulder isometrics (IR, ER, flexion, abduction)

2 – 4 weeks:

- Continue pain and edema control
- Remove LROM brace at 4 weeks
- Elbow AROM exercises, focus on full extension; full elbow range of motion should be established by week 4
- Add any shoulder range of motion exercises as needed
- Begin wrist, hand, and finger strengthening exercises
- Begin bicep and tricep isometrics.
- Add desensitization exercises as needed
- May begin comfortable ulnar nerve glides at week 2

4 – 8 weeks:

- Continue shoulder, elbow, and wrist range of motion exercises
- Progress shoulder, wrist, and forearm strengthening exercises
- Progress biceps and triceps strengthening exercises
- Add radial and ulnar deviation strengthening exercises
- Begin UBE – forward and backwards
- Add tricep and flexor carpi ulnaris stretches

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8 – 12 weeks:

- Progress to heavier weights as tolerated with shoulder, elbow, and wrist
- Continue with scar tissue massage, ulnar nerve glides, and desensitization as needed
- After 12 weeks, if patient is cleared by surgeon, start sport specific training

12+ weeks:

- Return to physically demanding work and/or sport as allowed by surgeon