

Orthopaedic Sports Specialists, P.C.

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Post-Operative Rehabilitation Following Ulnar Nerve Transposition

Phase I. Immediate Post-Operative Phase (week 0-1)

Goals:

- (1) Allow soft tissue healing of relocated nerve
- (2) Decrease pain and inflammation
- (3) Retard muscular atrophy

A. Week 1

1. Posterior splint at 90 degrees elbow flexion with wrist free for motion (sling for comfort).
2. Compression dressing
3. Exercises: gripping exercises, wrist ROM-, shoulder isometrics

B. Week 2

1. Remove posterior splint for exercise and bathing
2. Progress elbow ROM-(PROM-15 degrees -120 degrees)
3. Initiate elbow & wrist isometrics
4. Continue shoulder isometrics

Phase II: Intermediate Phase (week 3-7)

Goals:

- (1) Restore full pain free range of motion
- (2) Improve strength, power, endurance of upper extremity musculature
- (3) Gradually increase functional demands

A. Week 3

1. Discontinue posterior splint
2. Progress elbow ROM-emphasize full extension
3. Initiate flexibility exercises for:
 - wrist ext/flexion
 - forearm supination/pronation
 - elbow ext/flexion

4. Initiate strengthening exercises for:
 - wrist ext/flexion
 - forearm supination/pronation
 - elbow ext/flexors
 - shoulder program

- B. Week 6
 1. Continue all exercises listed above
 2. Initiate light sport activities

Phase III: Advanced strengthening phase (week-8-12)

Goals:

- (1) Increase strength, power, and endurance
- (2) Gradually initiate sporting activities

- A. Week 8
 1. Initiate eccentric exercise program
 2. Initiate plyometric exercise drills
 3. Continue shoulder and elbow strengthening and flexibility exercises
 4. Initiate interval throwing program

Phase IV: Return to Activity Phase (week 12-16)

Goals: Gradual return to sporting activities

- A. Week 12
 1. Return to competitive throwing
 2. Continue Throwers' Ten Exercise Program