



TWIN CITIES ORTHOPEDICS

Excellence in Research and Education

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AFTER ULNAR NERVE TRANSPOSITION

Phase 1 : Immediate Postoperative Phase

Week 1-2

Goals

- Allow soft tissue healing of relocated nerve.
- Decrease pain and inflammation.
- Retard muscular atrophy.

Week 1

- Bulky soft dressing applied at time of surgery.
- Compression dressing.
- Exercises: gripping exercises, wrist ROM, shoulder isometrics.

Week 2

- Dressing changed at time of follow up clinic visit.
- Progress elbow ROM (passive ROM 15-120 degrees).
- Initiate elbow and wrist exercises.
- Continue shoulder isometrics.

Phase 2: Intermediate Phase

Weeks 3-7

Goals

- Restore full pain free ROM.
- Improve strength, power, endurance of upper extremity musculature.
- Gradually increase functional demands.

Week 3

- Progress elbow ROM, emphasize full extension.
- Initiate flexibility exercises for
 - Wrist extension-flexion.
 - Forearm supination-pronation.
 - Elbow extension-flexion.
- Initiate strengthening exercises for
 - Wrist extension-flexion.
 - Forearm supination-pronation.
 - Elbow extension-flexion.
 - Shoulder program.

Week 6

- Continue all exercises listed above.
- Initiate light sport activities.

Phase 3: Advanced Strengthening Phase**Weeks 8-11****Goals**

- Increase strength, power and endurance.
- Gradually initiate sporting activities.

Week 8

- Initiate eccentric exercise program.
- Initiate plyometric exercise drills.
- Continue shoulder and elbow strengthening and flexibility exercises.
- Initiate interval throwing program.

Phase 4: Return to Activity Phase**Weeks 12-16****Goals**

- Gradual return to sporting activities.

Week 12

- Return to competitive throwing.
- Continue "Throwers Ten" program.

This protocol provides you with general guidelines for the rehabilitation of the patient undergoing ulnar nerve transposition.

Specific changes in the program will be made by the physician as appropriate for the individual patient.

Questions regarding the progress of any specific patient are encouraged, and should be directed to Dr. Lervick or Andy at **952-456-7111**.