

Ulnar Nerve Transposition Physical Therapy Protocol

WEEK 1

Splint at 90 degrees elbow flexion with wrist free for motion
Compression dressing
Exercise: gripping exercises, wrist ROM, shoulder isometrics

WEEK 2

Meet with OT for transition to removeable splint
Remove splint for exercise (5x per day) and bathing
Progress elbow ROM (passive ROM 15°-120°)
Initiate elbow and wrist isometrics
Continue shoulder isometrics

WEEKS 3-6

Discontinue Splint
Progress elbow ROM, emphasize full extension
Initiate flexibility exercises for
Wrist extension-flexion
Forearm Supination-pronation
Elbow extension-flexion
Initiate strengthening exercises for
Wrist/Elbow extension-flexion
Forearm Supination-pronation
Shoulder program

WEEK 6

Continue all exercises listed above
Initiate light sport activities

WEEK 8

Initiate eccentric exercise program
Initiate plyometrics exercise drills
Continue shoulder and elbow strengthening and flexibility exercises
Initiate interval throwing program

WEEK 12

Advance lifting and use as tolerated
Return to competitive throwing

Comments: