

## REHABILITATION PROTOCOL ULNAR NERVE TRANSPOSITION

Chase D. Smith, MD

### Phase I. Immediate Postoperative Phase (week 0-1)

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

#### A. Week 1

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

#### B. Week 2

1. Remove posterior splint for exercise and bathing
2. Progress elbow ROM (PROM 150° to 120°)
3. Initiate elbow and wrist isometrics
4. Continue shoulder isometrics

### Phase II. Intermediate Phase (weeks 3-7)

- Goals:
- Restore full pain free range of motion
  - Improve strength, power, and endurance of upper extremity musculature
  - Gradually increase functional demands

#### A. Week 3

1. Discontinue posterior splint
2. Progress elbow ROM, emphasize full extension
3. Initiate flexibility exercise for wrist extension/flexion, forearm supination/pronation, and elbow extension/flexion
4. Initiate strengthening exercises for wrist extension/flexion, forearm supination/pronation, elbow extensors/flexors, and a shoulder program

#### B. Week 6

1. Continue all exercises listed above
2. Initiate light sport activities

### Phase III. Advanced Strengthening Phase (weeks 8-12)

- Goals:
- Increase strength, power, endurance
  - 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 (weeks 12-16)

- Goals:
- Gradually return to sporting activities

#### A. Week 12

1. Return to competitive throwing
2. Continue Thrower's Ten Exercise Program