

Palmetto Health USC

ORTHOPEDIC CENTER

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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 RANGE OF MOTION, shoulder isometrics

B. Week 2

1. Remove posterior splint for exercise and bathing
2. Progress elbow RANGE OF MOTION (PROM 15- 120 degrees)
3. Initiate elbow and 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 throwing activities

A. Week 12

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