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Rehabilitation Protocol:
Ulnar Nerve Decompression/Transposition

	RANGE OF MOTION	BRACE	THERAPEUTIC EXERCISE
PHASE I 0 - 1 week (7-10 days)	No elbow ROM. Avoidance of full extension until 2 wks.	Posterior splint remains on at all times.	Shoulder stretching, wrist/hand/finger ROM. No elbow or wrist resistance exercises.
PHASE II 1 - 4 weeks	Full flexion, gradual progressive extension.	Splint removed by surgeon in the office. No brace used.	Begin rotator cuff and periscapular exercises: isometrics for muscle activation, progress to light Therabands. Forearm isometrics for wrist flexion/extension. Grip strengthening. Modalities: heat before, ice after.
PHASE III 4 - 6 weeks	Full. May apply passive counter-pressure to obtain full extension if needed.	None.	Continue RC strengthening exercises. Add biceps and triceps strengthening. Add resisted forearm and wrist strengthening.
PHASE IV > 6 weeks	Full painless motion.	None.	Advanced strengthening. Sport-specific training. May start throwing and hitting progression. Return to full activities as tolerated.