

Ulnar Nerve Decompression

- Day 3 Dressing Change, clean wound
Inspect wounds
Long arm splint, elbow 70 degrees flexion, neutral rotation, wrist
10 - 20 degrees extension, fingers free
Begin active and passive ROM digits to maintain full ROM
Therapy 1-2X/week
- Week 2 Discontinue long arm splint
Sutures removed by physician
Begin scar massage/ desensitization
Begin elbow flexion/extension, supination/pronation
active and assisted, goal is full ROM by week 6
Therapy 1-2x/week
- Week 4 Begin gentle strengthening, gripper/putty/other graded resistance
Record strength and ROM weekly
- Week 6 Begin aggressive strengthening
Goal is 60% strength by week 8, 80% by week 10
Therapy 3X/week, increase if needed to meet goals

Therapy notes to be sent to physician for week 2,6,10 appointments. Notes to include ROM and strength measurements as noted above.