

ULNAR NERVE TRANSPOSITION REHAB PROTOCOL

Week 1

- Splint at 90° of elbow flexion with wrist free
- Compression dressing
- Gripping exercises, wrist ROM, shoulder isometrics

Week 2:

- Remove splint for exercise and bathing
- Progress elbow ROM (passive ROM 15-120 degrees)
- Initiate elbow and wrist isometrics
- Continue shoulder isometrics

Weeks 3-6:

- Progress elbow ROM, emphasize full extension
- Initiate flexibility exercises for
 - Wrist extension and flexion
 - Foreman supination and pronation
 - Elbow extension and flexion
- Initiate strengthening exercises for
 - Wrist extension and flexion
 - Foreman supination and pronation
 - Elbow extension and flexion
 - Shoulder program

Weeks 6-8:

- Continue all exercises listed above
- Initiate light sport activities

Week 8 and beyond:

- Initiate eccentric exercise program
- Initiate plyometric exercise drills
- Continue shoulder and elbow strengthening and flexibility exercises