

Postoperative Rehabilitation Following Ulnar Nerve Subcutaneous Transposition

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

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

Week 1

Posterior splint at 90 deg elbow flexion with wrist free for motion (sling for comfort)
Compression dressing (light pressure on dressing)
Exercises such as gripping exercises, wrist ROM, shoulder isometrics

Week 2

Discontinue posterior splint – day7 and begin PROM
Discontinue sling
Progress elbow ROM (PROM 15-to 120 deg)
* If PROM is greater than above – continue to tolerance
Initiate elbow and wrist isometrics
Continue shoulder isometrics

II. 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

Week 3

Progress elbow ROM, emphasize full extension
Full PROM by end of week 3
Initiate flexibility exercise for wrist extension/flexion, forearm supination/pronation, and elbow extension/flexion
Initiate strengthening exercises for wrist extension/flexion, forearm supination/pronation, elbow extensors/flexors, and a shoulder program
May initiate modified Thrower's Ten Program
Emphasize elbow dynamic stabilization

Week 6

Continue all exercises listed above
Initiate light sport activities (golf, etc)
No throwing or tennis or swimming

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

- Goals:**
- Increase strength, power, endurance
 - Gradually initiate sporting activities

Week 8

Initiate eccentric exercise program
Initiate plyometric exercise drills
hand drills progress to 1 hand drills

Initiate Throwers ten Program
Continue shoulder and elbow strengthening and flexibility exercises
Initiate interval throwing program (Phase I)
May initiate hitting program at week 8

IV. Phase IV. Return to Activity Phase (weeks 12-16)

Goals: - Gradually return to sporting activities

Week 12

Return to competitive throwing
Continue Thrower's Ten Exercise Program
Continue all ROM & stretching program
