

## **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

#### **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 ROM, shoulder isometrics

#### **Week 2**

- 1 Discontinue posterior splint
2. Progress elbow ROM as tolerated
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

#### **Week 3-5**

1. Progress elbow ROM, emphasize full extension
2. Initiate flexibility exercises for:
  - wrist ext/flexion
  - forearm supination/pronation
  - elbow ext/flexion
3. Initiate strengthening exercises for:
  - wrist ext/flexion
  - forearm supination/pronation
  - elbow ext/flexors

shoulder program (Thrower's Ten Shoulder Program)

**Week 6-7**

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

**Week 8-11**

1. Initiate eccentric exercise program
2. Initiate plyometric exercise drills
3. Continue shoulder and elbow strengthening and flexibility exercises
4. Initiate interval throwing program for throwing athletes

**Phase IV Return to Activity Phase (week 12-16)**

**Goals:** Gradual return to sporting activities

**A. Week 12**

1. Return to competitive throwing
2. Continue Throwers Ten Exercise Program