

Post-Operative Instructions **Open Elbow Surgery, Ulnar nerve transposition**

Day of Surgery

- A. Diet as tolerated.
- B. Pain medication as needed every 6 hours.
- C. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.
- D. Make sure you have a physical therapy post-op appointment set up for the first week-10 days after surgery.
- E. If you have a splint or half cast, you will start PT after the splint is removed in the office at your first postoperative appointment which is usually at 2 weeks

First Post-Operative Day

- A. Continue icing
- B. You will need to keep your incision dry when taking a shower. Do this for about 2 weeks after surgery. If you have a splint or half cast (hardshell) leave it dry. No need to do dressing changes until your first follow-up visit at 2 weeks post-op.

Second Post-Operative Day

- A. Continue icing

Third Post-Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. If you don't have a split or half cast, you may remove surgical bandage after you shower and apply a waterproof bandage (may be purchased at your local pharmacy) to the wounds. Please ensure that the bandage is large enough to completely cover the incision. Apply a fresh waterproof bandage after each shower. If you have splint you do not need to change anything. Keep extremity dry

Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at www.newyorkortho.com.

Post Operative Rehabilitation Protocol Following Ulnar Nerve Transposition

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I – Immediate Post Operative 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° elbow flexion with wrist free for motion (sling for comfort)
- Elbow compression dressing
- Exercises
 - Gripping
 - Wrist ROM (passive only)
 - Shoulder isometrics (no shoulder ER)
- Discontinue splint at 7-10 days

Phase II – Intermediate Phase (Week 3-7)

- **Goals**

- Restore full pain free range of motion
- Improve strength, power, endurance of upper extremity musculature
- Gradually increase functional demands

- **Week 3-5**

- Progress elbow ROM, emphasize full extension
- Initiate flexibility exercises for:
 - Wrist ext/flexion
 - Forearm supination/pronation
 - Elbow ext/flexion
- Initiate strengthening exercises for:
 - Wrist ext/flexion
 - Forearm supination/pronation
 - Elbow ext/flexors
 - Shoulder program (Thrower's Ten Shoulder Program)

- **Week 6-7**

- Continue all exercises listed above
- Initiate light sport activities

Phase III – Advanced Strengthening Program (Week 8-12)

- **Goals**

- Improve strength/power/endurance
- Gradually initiate sporting activities

- **Week 8-11**

- Initiate eccentric exercise program
- Initiate plyometric exercise drills
- Continue shoulder and elbow strengthening and flexibility exercises
- Initiate interval throwing program for throwing athletes



Phase IV – Return to Activity (week 14-32)

- **Goals**

- Gradual return to activities

- **Week 12**

- Return to competitive throwing
- Continue Thrower’s Ten Exercise Program

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____