

# Ulnar Nerve Transposition Rehabilitation Protocol

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**Patient Name:**

**Date of Surgery:**

## **Phase I - Weeks 0-2**

**Date:** \_\_\_\_\_

- Squeeze soft sponge or a soft putty
- Elbow supported in sling leaving the wrist free
  - NOTE: During the first two weeks following surgery, passive terminal elbow extension (i.e., last 5°-10°) with wrist extension should be avoided.

## **Phase II - Weeks 2-4**

**Date:** \_\_\_\_\_

- Remove sling
- Passive elbow ROM exercises, progressing to active/active assist ROM exercises
- May add shoulder ROM exercise, as needed
- Begin wrist (flexion and extension), forearm (pronation and supination) and hand and finger strengthening exercises

## **Phase III - Months 1-2**

**Date:** \_\_\_\_\_

- Continue shoulder and elbow ROM exercises and wrist & forearm strengthening exercises as above
- Add elbow flexion and extension strengthening exercises
- May add radial and ulnar strengthening exercises
- Begin upper body ergometer (UBE) for upper extremity conditioning

**Phase IV - Months 2-3****Date:** \_\_\_\_\_

- Progress to heavier weights as tolerated
- May begin shoulder strengthening exercises with light weight, if have not already started, with emphasis on the rotator cuff muscles
- At 2½ months, isokinetic wrist flexion and extension, and forearm pronation and supination exercises may be added

**Phase V - Months 3-4****Date:** \_\_\_\_\_

- Perform isokinetic strength test: wrist flexion & extension, forearm pronation and supination
- Continue with strengthening exercises to the wrist, elbow and shoulder, as needed
- May begin practicing functional or work related activities, or sport specific drills (e.g., throwers may begin tossing, golfers begin putting, volleyball players begin passing and bumping)

NOTE: Apply ice after each session to help decrease the inflammatory response to microtrauma.