



Ulnar Nerve Transposition or Release Rehabilitation Program

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Diagnosis: Right / Left Ulnar nerve transposition or release _____

Date of Surgery: _____

Weeks 0-2

- » Splint at 90 degrees elbow flexion with wrist free for motion
- » Compression dressing
- » Exercise: gripping exercises, wrist ROM, shoulder isometrics
- » Remove Splint at 10-14 days

Weeks 2-3 (Phase I):

- » Progress elbow ROM (passive ROM 15-120 degrees)
- » Initiate elbow and wrist isometrics
- » Continue shoulder isometrics

Weeks 3-6 (Phase II):

- » Progress elbow ROM, emphasize full extension
- » Initiate flexibility exercises for
 - Wrist extension-flexion
 - Forearm Supination-pronation
 - Elbow extension-flexion
- » Initiate strengthening exercises for
 - Wrist extension-flexion
 - Forearm Supination-pronation
 - Elbow extension-flexion
 - Shoulder program

Weeks 6-8 (Phase III):

- » Continue all exercises listed above
- » Initiate light sport activities

Weeks 8-12 (Phase IV):

- » Initiate eccentric exercise program
- » Initiate plyometrics exercise drills
- » Continue shoulder and elbow strengthening and flexibility exercises
- » Initiate interval throwing program
- » Return to competitive throwing at 12 weeks

For more information please visit: www.tsaog.com/drnuelle