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Post-Operative Ulnar Nerve Transposition Protocol

Goals 1-8 Weeks:

- Protect and promote soft tissue healing of the relocated nerve
- Control edema, pain and inflammation
- Restore full ROM by 4 weeks
- Gradual return to normal ADL's by 6-8 weeks.

1-2 Weeks:

- Braced with elbow at 90 degrees of flexion
- Posterior elbow resting splint, with the elbow between 45 and 90 degrees of flexion. Include the wrist in a neutral position. The splint should be worn continuously for 2 weeks post-op, except for self care and exercises. The splint can then be weaned over the next two weeks to night wear only.
- Begin AAROM for elbow flexion/extension 10-15 reps, 4x/day.
- Begin AAROM for pronation and supination with elbow at 90 degrees, 10-15 reps, 4x/day.
- Work on full AROM of wrist and fingers
- Control edema
- Begin scar massage /mobilization once staples are removed
- Begin ulnar nerve gliding program

2-4 Weeks:

- Continue to progress with the above exercises. Progress elbow to full ROM by 4 wks, emphasizing full extension
- Wean splint to night wear
- Continue with edema control as needed
- Scar desensitization techniques: ultrasound, scar massage, etc.

4-8 Weeks:

- Continue to progress ROM as needed
- Add flexor carpi ulnaris and triceps stretches
- Continue ulnar nerve gliding
- Gradually resume normal ADL's
- Light fisting/gripping to tolerance



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Goals Weeks 8-12:

1. Begin to restore strength of hypothenar and first dorsal interossei muscles
2. Restore full flexibility/mobility of the involved upper-extremity
3. Return to work, modified if heavy labor occupation

8-12 Weeks:

- Continue with ROM exercises as necessary
- Continue ultrasound, scar massage/desensitization as necessary
- Continue with FCU and tricep stretches and ulnar nerve glides
- Begin a light strengthening program: include theraputty, power web, hand gripper exercises. Wrist curls for flexion/extension, supination and pronation (begin with 1-2lb. weights and progress as tolerated). May also do elbow and shoulder strengthening as required for return to work, etc.
- Return to work for light occupations