

# ULNAR NERVE TRANSPOSITION

## REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
<b>PHASE I</b> 0-4 weeks	PROM gradually advanced to active as tolerated at wrist, elbow, and shoulder	<b>0-2 weeks:</b> Worn for comfort only, discontinue when comfortable	Elbow/hand/wrist ROM, Codman's, grip strengthening, edema control  PROM as tolerated advanced to AAROM  Deltoid and cuff isometrics, scapular stabilizing, protraction/retraction, forearm and wrist strengthening
<b>PHASE II</b> 4-8 weeks	Increase to full as tolerated	None	Advance isometrics  Work on grip strength of hand/wrist, light nerve glide stretches (if necessary)
<b>PHASE III</b> 8-12 weeks	Progress to full without discomfort	None	Advance strength training as tolerated  Begin eccentrically resisted motions and closed chain activities  Advance to sport and full activity as tolerated after 12 weeks

\*\*Patient protocols may vary. Please follow patient-specific script if modified