



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

Charles C. Lind, MD
Ulnar Nerve Transposition
Post-Operative Protocol

Phase I – Maximum Protection (0 to 10 Days):

- Sling/splint x 10 days
- Active gripping

Phase II – Passive/Active-Assisted Range Motion (Weeks 10 days to 4 weeks):

- Range of motion shoulder, elbow, wrist and hand all planes
- Rotator cuff sub-max isometrics
- Light resisted gripping
- Active nerve glides

Phase III – Strengthening Phase (Weeks 6 to 10):

- End range stretching for the shoulder, elbow and wrist in all planes
- Resisted rotator cuff and total arm strengthening program
- Proprioception and neuromuscular control drills

Phase IV – Advanced Strengthening and Plyometric Drills (Week 10 to 16):

- Continue with end range stretching
- Global gym strengthening program, progress as tolerated
- plyometric drills
 - Plyoball wall drills
 - Double arm rebounder drills progressing to single arm
- Follow up appointment with physician
- Initiate return to activity program based on strength test and clinical exam