

ULNAR NERVE TRANSPOSITION

This protocol is a guideline that is subject to change to accommodate individual progressions and timelines for return to play.

Phase I- Protective Phase (0 – 3 Weeks Post-op)

Goals:

- Protect healing tissues and minimize deleterious stresses
- STERI-STRIPS TO REMAIN OVER INCISION FOR 3 WEEKS
- Decrease pain, inflammation and swelling
- Gradual return of protected AROM
- Full range of motion at 3 weeks post op
- Brace settings:
 - Brace locked at 90 degrees unless performing passive range of motion or active assist range of motion.
 - Discontinue brace completely at 3 weeks post op
 - **Contact TMI if patient is not reaching weekly ROM goals.

Days 0 – 7:

- Functional Brace at 90° of elbow flexion
- Wrist active ROM exercises and gripping exercises
- Initiate scapular elevation/depression/protraction/retraction AROM

Days 7 - 14: (1 week post-op)

- Functional Brace at 90° of elbow flexion
- Initiate active elbow flexion and extension within brace limits
- Initiate shoulder isometrics

Day 14 - 21: (2 weeks post-op)

- Functional Brace at 90° of elbow flexion
- Initiate light resistance finger extension and gripping

Phase II – Intermediate Phase (3 - 8 Weeks Post-op)

Goals:

- Promote healing of tissue
- Regain and improve muscular strength



Home to the Texas Rangers

Day 21-42 (3 – 6 Weeks Post-op):

- Progress shoulder isotonic program
- Begin low-load prolonged stretching for extension as needed
- Initiate strengthening exercises for wrist flexion/extension, pronation/supination and full shoulder arm care.
- Initiate cardio work (stationary bike/elliptical) when wounds are fully closed.
- Initiate lower body work using no upper extremity. Ex. body weight circuits, abdominal work
- Discontinue functional brace at 3 weeks post op
- Initiate upper extremity weight room at 4 weeks post op

6 – 8 Weeks Post-op:

- Initiate 2 hand plyos at 6 weeks post op
- Initiate 1 hand plyos at 7 weeks post op
- Initiation of running cardio work allowed
- Progress leg and core strengthening program

Phase III – Advanced Strengthening Phase (8 – 12 Weeks Post-op)**Goals:**

- Increase strength and endurance of shoulder/scapula/elbow
- Optimize scapular position for a thrower by improving flexibility of posterior shoulder, pectoralis minor, latissimus dorsi, and teres major
- Optimize scapular position for a thrower by emphasizing rhomboid, middle trapezius, lower trapezius, and serratus anterior strengthening and endurance
- Progress manual dynamic rhythmic stabilization exercises of shoulder/scapula/elbow

8 - 12 Weeks Post-op:

- Progress isotonic program for shoulder, scapula, and elbow
- 8 weeks post-op: Initiate 4 week interval throwing program
- 10 weeks post-op: Initiate 2 week mound progression

Criteria for return to play:

- Physician approval with satisfactory clinical exam
- Satisfactory completion of interval sport program