

Center for Athletic Medicine
Dr. Preston Wolin
Ulnar Nerve Transposition Protocol
As per, *Physical Rehabilitation of the Injured Athlete*

~Please call 773.248.4150 with any and all questions~

**Follow this protocol for *subfascial* ulnar nerve transposition.

For *submuscular* ulnar nerve transposition, follow this protocol with these changes:

Post op splint x 3 weeks, then start PROM/AROM,
Resistance begins at Week 7.

Post op Week 0 to 1:

Goals:

Allow soft tissue healing of relocated nerve

Decrease pain and inflammation

Retard muscle atrophy

Week 1

Posterior splint at 90° elbow flexion with wrist free for motion (sling for comfort)

Compression dressing

Exercises such as gripping exercises, wrist ROM, shoulder isometrics

Week 2

Remove posterior splint for exercise and bathing

Progress elbow ROM (PROM 15 to 120°)

Initiate elbow and wrist isometrics

Continue shoulder isometrics

Post op Week 3 to 7:

Goals:

Restore full pain free ROM

Improve strength, power, and endurance of upper extremity musculature

Gradually increase functional demands

Week 3

Discontinue posterior splint

Progress elbow ROM, emphasize **FULL EXTENSION**

Initiate flexibility exercises for wrist extension/flexion, forearm supination/pronation,
elbow extensors/flexors

Initiate strengthening exercises for wrist extension/flexion, forearm supination/pronation,
elbow extensors/flexors, and a shoulder program

Week 6

Continue all exercises listed above

Initiate light sport activities

Post op Week 8 to 12:

Goals:

Increase strength, power, and endurance

Gradually initiate sporting activities

Week 8:

Initiate eccentric exercise program

Initiate plyometric exercise drills

Continue shoulder and elbow strengthening and flexibility exercises

Initiate interval throwing program

Post op Week 12 to 16:

Goals:

Gradually return to sporting activities

Week 12:

Return to competitive throwing

Continue Throwers' Ten Exercise Program (also under protocols)

*****If a patient is not progressing, please call the office for recommendations*****