

ULNAR NERVE TRANSPOSITION PROTOCOL

| | BRACE | ROM | EXERCISES |
|-------------------------------|---|---|--|
| PHASE I Week 1 | Splint at 90 degrees elbow flexion with wrist free for motion Compression dressing | | Gripping exercises, wrist ROM, shoulder isometrics |
| PHASE II Week 2 | Remove splint for exercise and bathing | Progress elbow ROM (passive ROM 15-120 degrees) | Initiate elbow and wrist isometrics Continue shoulder isometrics |
| PHASE III Weeks 3-6 | | Progress elbow ROM, emphasize full extension | Initiate flexibility exercises for - Wrist extension-flexion - Forearm Supination-pronation - Elbow extension-flexion Initiate strengthening exercises for - Wrist extension-flexion - Forearm Supination-pronation - Elbow extension-flexion - Shoulder program |
| PHASE IV Week 6 | | | Continue all exercises listed above Initiate light sport activities |
| PHASE V Week 8 | | | Initiate eccentric exercise program Initiate plyometrics exercise drills Continue shoulder and elbow strengthening and flexibility exercises Initiate interval throwing program |
| PHASE VI Week 12 | | | Return to competitive throwing |

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP