



Ulnar Nerve Transposition Postoperative Protocol

Dr. Timothy Ghattas
Office – 770-506-4350

Referral for Rehabilitation Services

Patient Name: _____ Date of Surgery: _____
_____ / Week _____ Weeks

Sling for 3 weeks. No rehabilitation for 1 week.

Post-op Phase

Weeks 2-4

Begin:

1. Passive elbow flexion-extension, pronation-supination as tolerated

Intermediate Phase

Goals:

Begin:

1. Gradual increase to full ROM
2. Promote healing of repaired tissue
3. Regain and improve muscular strength

Week 4

1. Active elbow flexion-extension, pronation-supination
2. Active wrist flexion-extension
3. Terminal stretching (pain permitting)
4. Begin light resistance (1 lb) exercises (wrist curls/extension, elbow extension/flexion/pronation/supination)
5. Progress shoulder program emphasize rotator cuff strengthening, avoid external rotation until week 6

Brace:

Elbow ROM 0-125 degrees

Week 5

1. Discontinue brace, continue all exercises
2. Elbow ROM 0-135 degrees

Week 6

1. Progress elbow and wrist strengthening exercises
2. Initiate shoulder external rotation strengthening, progress shoulder program
3. Full elbow ROM (0-145)

Week 7

1. Progress light isotonic program
2. Initiate Throwers Ten Program

Advanced Strengthening Phase

Goals:

1. Increase strength, power, endurance
2. Maintain full elbow ROM
3. Gradually initiate sporting activities

Weeks 8 – 11

1. Initiate eccentric elbow flexion/extension
2. Continue isotonic program for forearm and wrist
3. Continue shoulder program – Throwers Ten Program



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4. Manual resistance diagonal patterns
5. Initiate plyometric exercise program
6. Continue stretching program, especially elbow extension

Weeks 11-14

1. Continue all exercises listed above
2. May start light sport activities (i.e. golf, swimming)

Return to Activity Phase

Goals:

1. Continue to increase strength, power, and endurance of upper extremity
2. Musculature
3. Gradual return to sport activities

Weeks 14-16

1. Continue strengthening program
2. Emphasis on elbow and wrist strengthening and flexibility
3. Maintain full elbow ROM

Weeks 16-22

1. Interval Throwing Program (phase 1), stretch before and after
2. Continue all exercises

Weeks 22-24

1. Progress to Phase II throwing (if phase 1 is completed)

Week 30

Progress to competitive throwing

I hereby certify these services as medically necessary for the patient's plan of care.

Physician's Signature

Date_____