

# Orthopaedic Sports Specialists, P.C.

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## Post-Operative Rehabilitation Following Ulnar Nerve Transposition

### Phase I. Immediate Post-Operative Phase (week 0-1)

Goals:

- (1) Allow soft tissue healing of relocated nerve
- (2) Decrease pain and inflammation
- (3) Retard muscular atrophy

#### A. Week I

1. Compression dressing
2. Exercises: gripping exercises, wrist ROM-,shoulder
  - isometrics

#### B. Week 2

1. Progress elbow ROM-(PROM-15 degrees -120 degrees)
2. Initiate elbow & wrist isometrics
3. Continue shoulder isometrics

### Phase II: Intermediate Phase (week 3-7)

Goals:

- (1) Restore full pain free range of motion
- (2) Improve strength, power, endurance of upper extremity musculature
- (3) Gradually increase functional demands

#### A. Week 3

1. Progress elbow ROM-emphasize full extension
2. Initiate flexibility exercises for:
  - wrist ext/flexion
  - forearm supination/pronation
  - elbow ext/flexion
3. Initiate strengthening exercises for:
  - wrist ext/flexion

forearm supination/pronation  
elbow ext/flexors  
shoulder program

- B. Week 6
1. Continue all exercises listed above
  2. Initiate light sport activities

**Phase III: Advanced strengthening phase (week-8-12)**

Goals:

- (1) Increase strength, power, and endurance
- (2) Gradually initiate sporting activities

- A. Week 8
1. Initiate eccentric exercise program
  2. Initiate plyometric exercise drills
  3. Continue shoulder and elbow strengthening and flexibility exercises
  4. Initiate interval throwing program

**Phase IV: Return to Activity Phase (week 12-16)**

Goals: Gradual return to sporting activities

- A. Week 12
1. Return to competitive throwing
  2. Continue Throwers' Ten Exercise Program