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Ulnar Nerve Decompression & Transposition

Week 1:

- Splint at 90 degrees elbow flexion applied day of surgery
- Compression dressing
- Exercise: gripping exercises, wrist ROM, shoulder isometrics

Week 2:

- Splint removed at first postoperative appointment
- Progress elbow ROM (passive ROM 15-120 degrees)
- Initiate elbow and wrist isometrics
- Continue shoulder isometrics

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/elbow extension-flexion
 - Forearm supination-pronation
- Shoulder program

Week 6:

- Continue all exercises listed above
- Initiate light sport activities

Week 8:

- Initiate eccentric exercise program
- Initiate plyometrics exercise drills
- Continue shoulder and elbow strengthening and flexibility exercises
- Initiate interval throwing program with sports performance program (throwing athletes only)

Week 12:

- Likely return to competitive throwing after clearance by medical team for return to sport (throwing athletes only)