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ULNAR NERVE TRANSPOSITION PROTOCOL

____ Weeks 1

- Sling to be used to keep elbow flexed near 90 degrees, may use hand for fine motor
- Compression dressing
- Exercise: gripping exercises, wrist ROM, shoulder isometrics

____ Week 2

- Remove sling at home and for exercise and bathing. May continue to use for protection. Keep elbow bent to 90 degrees when sling is off.
- No push / pull / lifting with operative arm
- Progress elbow ROM (passive ROM 15-120 degrees)
- Initiate elbow and wrist isometrics
- Continue shoulder isometrics
- Discontinue sling use at 4 weeks.

____ Week 3-6

- Progress elbow ROM, emphasize full extension
- Initiate flexibility exercises for
 - Wrist extension-flexion
 - Forearm Supination-pronation
 - Elbow extension-flexion

Week 4 - Initiate strengthening exercises for

- Wrist extension-flexion
- Forearm Supination-pronation
- Elbow extension-flexion
- Shoulder program

____ Weeks 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

_____ Week 12

- Return to competitive throwing