

Ulnar Nerve Transposition Protocol

Updated: May, 2025

- A. Phase 1 (0-2 weeks post-op)
 - 1. Sling: wear as needed for the first 7-10 days. Splinting per physician instructions
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. Exercise
 - a. Hand, Finger, Wrist, Elbow, Forearm ROM work
 - b. Forearm stretches
 - c. Shoulder / RC / Scapular strengthening
- B. Phase 2 (2-8 weeks post-op)
 - 1. Continue cryotherapy and modalities as indicated
 - 2. Exercise
 - a. Continue ROM and Flexibility work
 - b. Progressive UE strengthening
- C. Phase 3 (8-12 weeks post-op)
 - 1. Exercise
 - a. Progressive UE strength, proprioceptive, and stabilization work
 - b. Initiate progressive UE plyometrics
 - c. Initiate interval throwing program
- D. Phase 5 (12-16 weeks post-op)
 - 1. Exercise
 - a. Sport specific activities and mainstreaming back into sport