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Ulnar Nerve Transposition

Week 0-4 Post Op

Appointments:

- 3-5 days post-op: MD check
- Initial Physical Therapy Appointment at 2 weeks post op
- MD check at 2 weeks post-op
- Physical therapy as needed based on evaluation (1-2 times per week)

Wound Care:

- If applicable, sutures out at 10-14 days post op

Treatment Strategies:

- ROM: AROM no restriction within limits of pain
- Clinical exercises:
 - Scar tissue management with manual therapy
 - Nerve glides in pain free range

Week 4+ Post Op

Treatment Strategies:

- ROM Goal: Full AROM
- Start strengthening of wrist/elbow/shoulder if pain is resolved
- Continue scar tissue mobilizations