



BAY AREA ORTHOPEDIC
SURGERY & SPORTS MEDICINE

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Ulnar Nerve Transposition Post-Operative Protocol

Phase I – Maximum Protection (0 to 10 Days)

- Sling/splint x 10 days
- Active gripping

Phase II – Passive/Active-Assisted Range Motion (Weeks 10 days to 4 weeks)

- Range of motion shoulder, elbow, wrist and hand all planes
- Rotator cuff sub-max isometrics
- Light resisted gripping
- Active nerve glides

Phase III – Strengthening Phase (Weeks 6 to 10)

- End range stretching for the shoulder, elbow and wrist in all planes
- Resisted rotator cuff and total arm strengthening program
- Proprioception and neuromuscular control drills

Phase IV – Advanced Strengthening and Plyometric Drills (Weeks 10 to 16)

- Continue with end range stretching
- Global gym strengthening program, progress as tolerated
- Plyometric drills
 - o Plyoball wall drills
 - o Double arm rebounder drills progressing to single arm
- Follow up appointment with physician
- Initiate return to activity program based on strength test and clinical exam