



**BAY AREA ORTHOPEDIC**  
SURGERY & SPORTS MEDICINE

Teodoro P. Nissen, M.D., Q.M.E.  
Fellowship Trained  
Board Certified

Joseph M. Centeno, M.D.  
Fellowship Trained  
Board Certified

## **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