

Ulnar Nerve Release/Transposition Rehabilitation Program

Nicholas M. Capito, MD

Diagnosis: Right / Left Ulnar Nerve Release/Transposition _____

Date of Surgery: _____

The dressing is removed on the third day after surgery and the steristrips are left on until the first post-operative office visit.

A sling is worn for 2 weeks after the surgery to help maintain the position of the ulnar nerve; prevent posterior subluxation after anterior transposition and prevent anterior subluxation after simple nerve release.

Week 1-2

- Passive self-assisted elbow flexion and extension.
- Passive self-assisted forearm pronation and supination.
- Unrestricted wrist and finger range of motion.

Week 3-6

- Begin light active use.
- Active assisted and active elbow flexion and extension, forearm pronation and supination, wrist and finger range of motion, and shoulder ROM
- Each set of stretching exercises should be done in sets of 5 repetitions, holding each repetition for 10 seconds, 5 times each day
- Patients should have full elbow and forearm motion after 6 weeks.

Week 7-8

- Begin elbow flexion and extension, and forearm pronation and supination isometrics. Continue passive stretching to achieve full range of motion.

Week 9 and beyond

- Begin progressive resistive strengthening: theraband, thera-tube, grip strengthening, and progress to weights.
- Continue passive stretches to achieve full range of motion.