

PHYSICAL THERAPY PROTOCOLS

ULNAR NERVE TRANSPOSITION PROTOCOL

Patient Name: _____ Date: _____

PHASE 1

Goals: *This phase focuses on decreasing pain, decreasing inflammation, retardation of muscle atrophy and restoring full ROM to elbow, forearm and wrist.*

WEEK 1:

- Sling for comfort only (1 week); come out when tolerated
- Remove bulky dressing and replace with gauze dressing
- Continue to wrap with ACE bandage from wrist up past elbow for swelling
- Continuous use of cryotherapy
- Keep arm elevated by lying down and propping up above the level of the heart
- Forearm, wrist and hand AROM/hand gripping exercises
- Gentle A/AROM of elbow and forearm
- Shoulder isometrics

WEEK 2:

- Gentle A/PROM elbow/forearm emphasizing near full extension
- Submaximal, subpainful elbow flexion/extension, forearm pronation/supination and wrist isometrics all directions
- Shoulder exercises without resistance

PHASE 2

Goals: *This phase focuses on establishing and maintaining full ROM, improving muscular strength and endurance.*

WEEK 3:

- Continue gentle PROM and AROM exercises to attain full ROM
- Initiate rhythmic stabilization drills
- Wrist flexor and extensor stretching
- Light biceps strengthening, triceps in painfree range – light weight
- Continue light shoulder strengthening
- Continue progressing wrist/forearm PRE program weight and reps as tolerated
- Continue cryotherapy 3x daily

WEEK 4:

- Start UBE program forward and backward
- Initiate PRE's for rotator cuff (Thrower's Ten)

WEEK 6:

- Initiate biceps and triceps eccentric exercise program
- Overhead eccentric exercises with plyoball

PHASE 3

Goals: This phase focuses on continuing to improve muscular strength and preparing the athlete for return to functional activities.

WEEK 8:

- Initiate eccentric exercise program
- Initiate plyometric drills
- Initiate shortened interval throwing program

PHASE 4

Goals: Gradually return to sporting activities

Week 12:

- Return to competitive throwing
- Continue Thrower's Ten exercise program