



ULNAR NERVE TRANSPOSITION PT PROTOCOL

Week1:

- Splint at 90 degrees elbow flexion with wrist free for motion
- Compression dressing
- Exercise: gripping exercises, wrist ROM, shoulder isometrics

Week 2:

- Remove splint for exercise and bathing
- Progress elbow ROM (passive ROM 15-120 degrees)
- Initiate elbow and wrist isometrics
- Continue shoulder isometrics

Week 3-6:

- Progress elbow ROM, emphasize full extension
- Initiate flexibility exercises for
 - Wrist extension-flexion
 - Forearm Supination-pronation
 - Elbow extension-flexion
- Initiate strengthening exercises for
 - Wrist extension-flexion
 - Forearm Supination-pronation
 - Elbow extension-flexion
 - Shoulder program

Weeks 6

- Continue all exercises listed above
- Initiate light sport activities

Week 8:

- Initiate eccentric exercise program
- Initiate plyometrics exercise drills
- Continue shoulder and elbow strengthening and flexibility exercises
- Initiate interval throwing program

Week 12:

- Return to competitive throwing