



Name:		<b>Patient Flow Sheet</b>
Date of Surgery:		

<b>Ulnar Nerve Transposition Rehab Protocol</b> <b>Benedict Figuerres, MD</b>	
<ul style="list-style-type: none"><li>• <b>Phase I—Weeks 0-2</b> <b>Date:</b> _____<ul style="list-style-type: none"><li>• Squeeze soft sponge or a soft putty</li><li>• Elbow supported in sling leaving the wrist free<ul style="list-style-type: none"><li>• NOTE: During the first two weeks following surgery, passive terminal elbow extension (i.e., last 5° - 10°) with wrist extension should be avoided.</li></ul></li></ul></li><li>• <b>Phase II—Weeks 2-4</b> <b>Date:</b> _____<ul style="list-style-type: none"><li>• Remove sling</li><li>• Passive elbow ROM exercises, progressing to active/active assist ROM exercises</li><li>• May add shoulder ROM exercise, as needed</li><li>• Begin wrist (flexion and extension), forearm (pronation and supination) and hand and finger strengthening exercises</li></ul></li><li>• <b>Phase III—Months 1-2</b> <b>Date:</b> _____<ul style="list-style-type: none"><li>• Continue shoulder and elbow ROM exercises and wrist &amp; forearm strengthening exercises as above</li><li>• Add elbow flexion and extension strengthening exercises</li><li>• May add radial and ulnar strengthening exercises</li><li>• Begin upper body ergometer (UBE) for upper extremity conditioning</li></ul></li><li>• <b>Phase IV—Months 2-3</b> <b>Date:</b> _____<ul style="list-style-type: none"><li>• Progress to heavier weights as tolerated</li><li>• May begin shoulder strengthening exercises with light weight, if have not</li></ul></li></ul>	

already started, with emphasis on the rotator cuff muscles

- At 2½ months, isokinetic wrist flexion & extension, and forearm pronation & supination exercises may be added

- **Phase V—Months 3-4**

**Date:** \_\_\_\_\_

- Perform Isokinetic Strength Test: wrist flexion & extension, forearm pronation & supination
- Continue with strengthening exercises to the wrist, elbow and shoulder, as needed
- May begin practicing functional or work related activities, or sport specific drills (e.g., throwers may begin tossing, golfers begin putting, volleyball players begin passing and bumping)

NOTE: Apply ice after each session to help decrease the inflammatory response to microtrauma.