



ELBOW ULNAR NERVE TRANSPOSITION POST-OPERATIVE GUIDELINES

Phase 1: Post-Operative Recovery (Weeks 1-3)

PRECAUTIONS

- Avoid pain/paresthesia provoking activities
- No aggressive elbow passive range of motion (PROM) by clinician, no forced elbow motion

TREATMENT RECOMMENDATIONS

- Week 1:
 - Splint at 60° elbow flexion for week 1
 - Gripping exercise (pain-free)
 - Wrist AROM
- Week 2:
 - Brace set at 15°-100° for weeks 2-4
 - Elbow AROM in brace
 - Continue gripping and wrist active range of motion (AROM) exercises
 - Scapula isometrics
 - Manual side-lying scapula stabilization exercises

CRITERIA FOR ADVANCEMENT

- Reduced irritability
- 15°-100° elbow AROM

EMPHASIZE

- Reduction of tissue irritability
- Protection of surgical site
- Soft tissue healing



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Phase 2: Intermediate (Weeks 4-5)

PRECAUTIONS

- Avoid pain/paresthesia provoking activities
- Brace D/C is MD directed
- No aggressive elbow PROM by clinician, no forced elbow motion

TREATMENT RECOMMENDATIONS

- Continue upper extremity AROM
 - Emphasize full elbow extension
- Begin isotonic for scapula, shoulder, and elbow
- Upper body ergometry (if adequate range of motion (ROM))
- Begin shoulder internal rotation (IR)/external rotation (ER) strengthening, progress to overhead as tolerated
- Begin proprioceptive neuromuscular facilitation diagonals
- Scapular retraction/protraction
- Serratus activation
- Upper extremity flexibility exercises
 - Posterior shoulder: cross body and modified sleeper stretch, if needed

CRITERIA FOR ADVANCEMENT

- Full elbow AROM
- Reduced tissue irritability

EMPHASIZE

- Reduction of tissue irritability
- Restoration of full elbow ROM
- Strength of scapular stabilizers, rotator cuff



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Phase 3: Advanced Recovery (Weeks 6-7)

PRECAUTIONS

- Avoid pain/paresthesia provoking activities

TREATMENT RECOMMENDATIONS

- Continue isotonics for scapula, shoulder, and elbow
- Throwers Ten (if applicable)
- Advanced Throwers Ten (if applicable)
- Begin light wrist/forearm exercises
 - Flexion/extension, pronation/supination
- Advance shoulder strengthening in overhead position

CRITERIA FOR ADVANCEMENT

- Full elbow AROM
- Full shoulder AROM
- Tolerance of all above exercises without irritation

EMPHASIZE

- Shoulder and elbow flexibility
- Strength and endurance of shoulder and scapular stabilizers



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Phase 4: Return to Performance Progression (Weeks 8-12+)

PRECAUTIONS

- Pain provoking activities

TREATMENT RECOMMENDATIONS

- Continue full upper extremity strengthening program
- Continue upper extremity flexibility exercises
- Eccentric strengthening
- Exercise blade in multiple positions
- Begin plyometrics program (with adequate strength base)
 - Double hand → single hand → overhead 90/90
- May initiate interval hitting program at 8 weeks
- Initiate interval throwing program between 10-12 weeks
- Monitor workload

CRITERIA FOR RETURN TO PARTICIPATION

- Pain-free progression through interval sports program
- Independent with all arm care exercises

EMPHASIZE

- Power and endurance development
- Advanced scapular stabilization
- Initiation of interval sports programs