



Ulnar Nerve Transposition

Sling for 4 weeks

Splint no rehabilitation for first week

Phase I – (Passive)

Week 2 Elbow range of motion Flexion-Extension 40 to full
Full pronation-supination
Edema Control
Gentle Scar mobilization

Phase II – (Active)

Week 4 Full elbow ROM with terminal stretch pain permitting
Isometric strengthening
Begin Grip strengthen

Phase III – (Resisted)

Week 6 Full elbow ROM
Eccentric and Concentric Strengthening pain permitting
Start with sport cord activities and work up to free weights

Phase IV – High level activities

Progress as tolerated at 8 weeks

Return to overhead sports 16 weeks

David S. Gazzaniga, MD

22 Corporate Plaza Drive

Newport Beach, CA 92660

Phone: 949-722-7035 Fax: 949-630-4960