

**ULNAR NERVE
DECOMPRESSION +/-
TRANSPOSITION**



Post-op protocol for **Daniel Myer, M.D.**

Sling Use:

Sling for 1-3 weeks
No PT for 1 week

Phase I: (Passive)

Week 2-3

- Passive Range of Motion
- Elbow Flexion and Extension
- Elbow Pronation and Supination
- Active/Passive Hand ROM

Phase II:
(Active/Assistive)

Week 4-5

- Active Assistive Range of Motion with Passive stretch to full Motion
- Elbow Flexion and Extension
- Elbow Pronation and Supination
- Wrist Flexion and Extension
- Terminal Stretching as pain allows

Phase III:
(Resisted)

Week 6

- Elbow Flexion and Extension
- Elbow Pronation and Supination
- Eccentric Wrist Flexion and Extension
- Eccentric Wrist Pronation and Supination
- Standing Forward Punch
- Seated Rows
- Bicep Curls
- Rotator cuff strengthening
- PRE's for scapular strengthening

Weight Training:

Week 7

- Keep hands within eyesight, and keep elbows bent
- Minimize overhead activities
(No Military press, pull-down behind head, or wide grip bench)

Return to
activities:

Immediately

Computer, eating, holding a book, typing, writing

2 months

Golf

4 months

Tennis

4 months

Contact Sports

4 months

Throwing

