

**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	<ul style="list-style-type: none"> • Passive Range of Motion • Elbow Flexion and Extension • Elbow Pronation and Supination • Active/Passive Hand ROM
Phase II: (Active/Assistive)	Week 4-5	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Keep hands within eyesight, and keep elbows bent • Minimize overhead activities (<u>No</u> 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

