ULNAR NERVE TRANSPOSITION
POST OPERATIVE EXERCISE PROGRAM

<table>
<thead>
<tr>
<th>TIME PERIOD</th>
<th>EXERCISE PROGRAM</th>
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<td>0 to 2 weeks:</td>
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<td>• Squeeze soft sponge or a soft putty</td>
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<td>• Elbow supported in sling leaving the wrist free.</td>
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NOTE: During the first two weeks following surgery, passive terminal elbow extension (i.e., last 5° - 10°) with wrist extension should be avoided.

2 to 4 weeks:
• Remove sling.
• Passive elbow ROM exercises, progressing to active/active assist ROM exercises.
• May add shoulder ROM exercise, as needed.
• Begin wrist (flexion and extension), forearm (pronation and supination) and hand and finger strengthening exercises.

1 to 2 months:
• Continue shoulder and elbow ROM exercises and wrist & forearm strengthening exercises as above.
• ADD elbow flexion and extension strengthening exercises
• May add radial and ulnar strengthening exercises
• Begin upper body ergometer (UBE) for upper extremity conditioning.
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2 to 3 months:

- Progress to heavier weights as tolerated.
- May begin shoulder strengthening exercises with light weight, if have not already started, with emphasis on the rotator cuff muscles.
- At 2½ months, isokinetic wrist flexion & extension, and forearm pronation & supination exercises may be added.

3 to 4 months:

- 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.