

Ulnar Nerve Transfer

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Phase I: 0 - 4 weeks

Goals for Phase I:

1. Fabricate 90° posterior elbow splint made of aquaplast after first post-op visit
 2. Educated in desensitization exercises for elbow
 3. Normal ROM of uninvolved joints
 4. Full finger ROM, full active composite fist (0cm pulp pulm distance with all fingers, full thumb opposition to volar 5th MPJ)
- A. Orthotics: Patient is immobilized in post-op splint for one week. After first post-op visit, patient is progressed into a custom posterior elbow splint. Needs to wear splint 23 of 24 hours per day
- B. ROM: Work to restore full range of motion at wrist/fingers/shoulder. Emphasis should be placed on finger ROM (A,AA,PROM, tendon glides, (DIP,PIP,MPJ joint blocking exercises)
- C. Strengthening: Strengthening activities for hand/wrist/shoulder as needed
- D. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, scar massage, emphasize desensitization
- E. Modalities: Utilize for pain, inflammation, swelling control, and muscle re-education as necessary

Phase II: Post-operatively 4 - 6 weeks

Goals for Phase II:

1. Full elbow ROM
 2. Functional arm/hand strength
 3. Perform ADLs with minimal difficulty (without splint)
- A. Orthotics: Wean from posterior elbow spint after 4 weeks
- B. ROM: Begin with AROM, AAROM of elbow, progress to PROM/stretching as tolerated, continue tendon gliding exercises and finger ROM as needed.
- C. Strengthening: Begin with elbow isometrics, AROM, progress to PRE's as tolerated, UBC conditioning
- D. Functional activities: Use arm for ADL's as tolerated after splint is D/C'd
- E. Soft tissue management: Continue scar massage, desensitization etc. as needed
- F. Modalities: Continue as needed

Phase III: 6-12 weeks

Goals for Phase III:

1. Normal elbow ROM
 2. Good arm/hand strength
 5. Perform ADL's without difficulty
 6. Begin sports/job related skills
- A. ROM: continue as needed
- B. Strengthening: more aggressive PRE's, free weights, nautilus equipment
- C. Functional activities: More specific job/sports activities (throwing, lifting etc)

Phase IV: 12 weeks to release

Goals for Phase IV:

1. Normal strength
 2. Return to normal job/sports activities
- A. Continue strengthening, conditioning, and functional activities as needed

