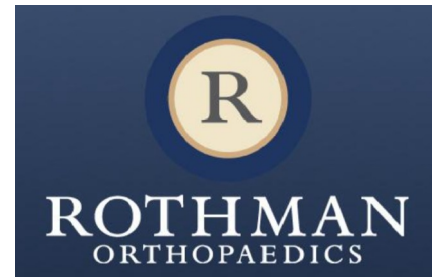


Brandon J. Erickson, MD
Mackenzie Lindeman, ATC
176 3rd Ave New York, NY
658 White Plains Rd Tarrytown, NY
450 Mamaroneck Rd Harrison, NY
Phone: 914-580-9624
Brandon.erickson@rothmanortho.com
Mackenzie.lindeman@rothmanortho.com
<https://rothmanortho.com/physicians/brandon-j-erickson-md>



Ulnar Nerve Transposition Physical Therapy Protocol

Name _____ Date _____

Diagnosis s/p RIGHT/LEFT Ulnar Nerve Transposition

Date of Surgery _____

Frequency: _____ times/week Duration: _____ Weeks

_____ Week 1

Splint at 90 degrees elbow flexion with wrist free for motion
Compression dressing
Exercise: gripping exercises, wrist ROM, shoulder isometrics

_____ Week 2

Remove splint for exercise and bathing
Progress elbow ROM (passive ROM 15°-120°)
Initiate elbow and wrist isometrics
Continue shoulder isometrics

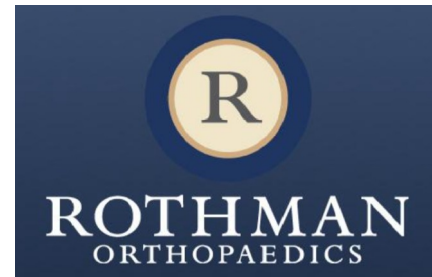
_____ Weeks 3-6

Progress elbow ROM, emphasize full extension
Initiate flexibility exercises for
Wrist extension-flexion
Forearm Supination-pronation
Elbow extension-flexion
Initiate strengthening exercises for
Wrist/Elbow extension-flexion
Forearm Supination-pronation
Shoulder program

_____ Week 6

Continue all exercises listed above
Initiate light sport activities

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<https://rothmanortho.com/physicians/brandon-j-erickson-md>



_____ Week 8
Initiate eccentric exercise program
Initiate plyometrics exercise drills
Continue shoulder and elbow strengthening and flexibility exercises
Initiate interval throwing program

_____ Week 12
Return to competitive throwing

Comments:

_____ Functional Capacity Evaluation _____ Work Hardening/Work Conditioning _____ Teach HEP

Modalities

_____ Electric Stimulation _____ Ultrasound _____ Iontophoresis _____ Phonophoresis _____ TENS
_____ Heat before _____ Ice after _____ Trigger points massage _____ Therapist's discretion

Signature _____ Date _____