

Dr. Robert Wysocki

Nerve Repair – Median or Ulnar

When associated with flexor tendon repairs, follow the protocol for flexor tendon repairs. This Protocol is for major nerve injury not associated with flexor tendon repairs.

0 - 2 weeks:

Splint: A neutral wrist splint is constructed with the following splint components:

- (1) Median: thumb spica to maintain first web space.
- (2) Ulnar: anti-claw index through small fingers.

Motion: Full unrestricted active/passive motion of fingers out of the splint. Maintain joints supple. Edema control is applied as needed.

6 weeks:

Splint: Continued as above

Motion: Active and Passive Range of Motion wrist exercises are initiated. The patient is instructed in precautions for anesthetic digits. These precautions are repeated numerous times over the course of their care, especially if they are smokers or alcohol abusers. Strength maintenance exercises of antagonist muscles are initiated.

NOTE:

When paresthesias to percussion are noted in the distal sensory distribution, begin desensitization in those areas. When this progresses out to the fingertips, begin sensory reeducation.

Hand splint components are maintained until normal motion returns or tendon transfers are performed.