

Dr. Robert Wysocki

Ulnar Nerve Decompression/Transposition at Elbow

0 - 3 weeks:

The postoperative dressing is removed. Desensitization is initiated as soon as possible and scar massage is initiated after suture removal. A light dressing and/or edema control is applied as needed.

Splint: A long arm splint is fabricated holding the wrist in neutral flexion/extension and neutral pronation with the elbow in 60 to 90 degrees of flexion (depending on patient comfort) to be worn between exercises and at night.

Motion: Active Range of Motion exercises are initiated to the elbow six times daily for 15 minute sessions.

4-6 weeks:

Splint: The Long Arm splint is discontinued.

Motion: Passive Range of Motion exercises are initiated to the elbow. The patient may return to light activities and return to light work duties.

6 - 8 weeks:

Gentle strengthening may be initiated using putty and progressing to hand helper and theraband as needed.

8 - 12 weeks:

Patient may return to full work duties depending on job requirements.