

Anterior Ulnar Nerve Transposition (Subcutaneous)

Dr. Staiger

NOTE: Therapy not routinely scheduled post-op unless with another surgery.

*If needed schedule OT 1-3 days post-op if in conjunction with carpal tunnel release.

Time Frame	Treatment	Goals
Phase I Post-Op Day 1-3	<ul style="list-style-type: none"> • Evaluate and Treat. • Dressing change and check for signs/symptoms of infection. • Assess AROM, swelling, and pain. • Instruct in AROM for elbow, forearm, wrist, and hand. • Instruct in edema control techniques. • Instruct in post-op ulnar nerve glides beginning 5 days post-op. 	<ul style="list-style-type: none"> • Edema control • Wound Healing
Phase II 10-14 Days	<ul style="list-style-type: none"> • Follow-up same day as doctor's appointment. • Issue scar pad (to be worn once incision is closed/healed) • May return to work without restrictions once 14 days out unless with another surgery then follow that surgeries restrictions. • Educate client on keeping steri-strips on until they fall off on their own to prevent a wide incision. May educate in Kinesiology taping to decrease scar tissue if needed. • Gentle grip strengthening may begin if this was the only surgery completed and if pain is minimal to nonexistent. 	<ul style="list-style-type: none"> • Scar management
Phase III 3 Weeks	<ul style="list-style-type: none"> • May use modalities as indicated (ultrasound typically not done until 6 weeks post-op). May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 6 weeks. 	<ul style="list-style-type: none"> • Continued edema and scar control • Pain management
Phase IV 4 Weeks	<ul style="list-style-type: none"> • Instruct in scar management/massage techniques. • Ultrasound may be used at this time. • Continue working on exercises. 	<ul style="list-style-type: none"> • Functional AROM