

# ANTERIOR ULNAR NERVE TRANSPOSITION (SUBCUTANEOUS)

**Dr. Widstrom**

- ❖ Schedule 2-3 days out if in conjunction with carpal tunnel release for tendon glides and edema management

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Post-Op Day:  7-10 days post op	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Dressing change</li> <li>• Instruct in edema management</li> <li>• Instruct in active range of motion for elbow, forearm, wrist, and hand. Instruct in general tendon gliding exercises</li> <li>• Instruct in active thumb exercises; palmar abduction and extension for tendon gliding under scar (PROM if needed)</li> <li>• Fit with Tubigrip sleeve</li> </ul>	<ul style="list-style-type: none"> <li>• Edema management</li> <li>• HEP</li> <li>• ROM</li> </ul>
Phase I:  2-3 weeks post op	<ul style="list-style-type: none"> <li>• Instruct in scar massage and issue scar pad</li> <li>• Schedule follow up appointment with OT PRN for ROM and swelling if necessary</li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> <li>• Scar management</li> </ul>