

Anterior Ulnar Nerve Transposition (Submuscular)

Dr. Staiger

*Schedule OT same day as doctor.

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> Evaluate and Treat. Fabricate long arm orthosis with wrist included and forearm in neutral. May remove for showers. Reinforce avoiding lifting and pulling activities to protect the flexor pronator origins. 	<ul style="list-style-type: none"> Edema control
Phase II 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 control Pain management
Phase III 4-5 Weeks	<ul style="list-style-type: none"> Issue gentle AROM for elbow, wrist, and fingers to be completed 2-3x/day. Instruct in post-op ulnar nerve glides. Educate on scar management techniques and issue scar pad as needed 	<ul style="list-style-type: none"> Scar management Minimal to no pain ROM
Phase IV 6 Weeks	<ul style="list-style-type: none"> Wean out of orthosis. Instruct in no lifting, gripping, pushing, or pulling more than 15 pounds. Start gentle, graded, pain-free strengthening within restrictions. 	<ul style="list-style-type: none"> Functional AROM Progress to gentle strengthening
Phase V 12+ Weeks	<ul style="list-style-type: none"> No restrictions. 	<ul style="list-style-type: none"> Return to activity as tolerated