

Ulnar Nerve Decompression/Transposition

Dr. Lauer

❖ Schedule OT 10-14 days Post-Op (Same day Clinic follow-up)

Time Frame	Treatment	Goals
Phase I Initial Visit Same Day Clinic	<ul style="list-style-type: none"> Evaluate and Treat. Educate in edema management Instruct in scar management and issue scar pad as needed Issue gentle AROM for hand, wrist, and elbow Issue post-op ulnar nerve glides Slow return to daily activities as tolerated 	<ul style="list-style-type: none"> Edema control Scar management ROM
Phase II 3-4 Weeks	<ul style="list-style-type: none"> Schedule follow up appointment with OT PRN for ROM, strengthening, and swelling if necessary Issue gentle therapy and resistive UE strengthening as indicated 	<ul style="list-style-type: none"> ROM PREs