

## Anterior Ulnar Nerve Transposition (Submuscular)

**Dr. Staiger**

\*Schedule OT same day as doctor.

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