

PHYSICAL THERAPY

Patient Name: _____ DOB: _____

Shoulder and Elbow Service

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Ulna nerve transposition

0-2 Weeks

- Squeeze soft sponge or a soft putty
- Elbow supported in sling leaving wrist free

NOTE: during the first two weeks following surgery, passive terminal elbow extension (last 5-10 degrees) with wrist extension to be avoided

2-4 Weeks

- Remove sling
- PROM elbow exercises, progressing to active and active assist ROM exercises
- May add shoulder rom exerercises as needed
- Begin wrist (flexion and extension), forearm (pronation and supination) and begin hand and finger strengthening

1-2 Months

- Continue shoulder and elbow ROM exercises and wrist and forearm strengthening exercises as above
- Add elbow flexion and extension strengthening
- May add radial and ulnar strengthening exercises

2-3 Months

- Progress to heavier weights as tolerated
- May begin shoulder strengthening with light weight, if have not already started- emphasize on rotator cuff muscles
- At 2.5 months- isokinetic wrist flexion and extension and forearm pronation and supination exercises may be added

3-4 Months

- Perform isokinetic strength test : wrsit flexion and extension, forearm pronation and supination
- Continue strengthening exercises for wrist, elbow and shoulder as needed
- May begin practicing functional or work related activites, or sport specific drills (throwers- may begin tossing, golfers begin putting, volleyball players begin passing/bumping).

NOTE: Apply ice after each session to help decrease the inflammatory response to microtrauma.