



Ulnar Nerve Decompression/Transposition

Postoperative Protocol

Phase I: (0 to 2 weeks)

- Maintain splint, keep dry
- Okay for shoulder, wrist and hand motion
- Sling for comfort only

Phase II: (2 weeks to 6 weeks)

- Maintain lifting restriction of 10 lbs
- Advance AROM and PROM of elbow, hand, and wrist
- Avoid soaking incision until 4 weeks postoperatively
- Avoid repetitive elbow activities

Phase III: (> 6 weeks)

- Gradually advance to full activities as tolerated