



*Excellence in
Orthopaedic Surgery
Since 1993*

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OCCUPATIONAL THERAPY SERVICES

SUBMUSCULAR TRANSPOSITION OF THE ULNAR NERVE

3-5 DAYS POSTOP

- Removal of bulky dressing.
- Fabricate long arm orthotic with elbow at 90, forearm pronated, wrist in neutral/slight flexion.
- Exercise as follows 6 times per day for 10 reps.
 1. AROM elbow flex/ext with elbow pronated
 2. Start ulnar nerve glide.

10-14 DAYS POSTOP

- Suture removal, start scar massage inline this week, more aggressive next week.
- Use of scar pad at night under orthotic.
- Edema mgmt./wrap or tubigrip.
- Start weaning out of orthotic during the day.

3 WEEKS

- Unrestricted AROM to wrist and forearm.
- Elbow AROM with forearm pronated, supinated and neutral.

5 WEEKS

- AAROM to elbow, forearm and wrist.

6 WEEKS

- Start PROM to elbow, forearm and wrist.
- Progressive strengthening. Start at 1# and progress to 4#.

8 WEEKS

- Work condition initiated here if have a job with heavy demands.
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NOTE: If by 6 wks the patient doesn't have full passive extension, then therapist can fabricate a static/dynamic progressive extension orthotic.