

**Carlton Houtz, M.D.**  
**Highland Clinic Orthopaedics and Sports Medicine**

**Ulnar Nerve Transposition**

	<b>Weight Bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Therapeutic Elements</b>
<b>PHASE I</b> <b>0 – 4</b> <b>weeks</b>	No restrictions	Sling for comfort	No restrictions	Shoulder, elbow, wrist, hand ROM. Focus on motion and decreasing inflammation. No elbow or wrist resistance exercises. Modalities: heat before, ice after.
<b>PHASE II</b> <b>4-8 weeks</b>	WBAT	D/C sling	Full AROM	Active wrist flexion and grip strengthening. Submaximal isometric wrist extension. Gentle massage along and against fiber orientation. Ultrasound.
<b>PHASE III</b> <b>8-12 weeks</b>	WBAT	None	Full ROM	May add active wrist extension with progressive resistance. Continue other strengthening exercises.