

Rehabilitation Protocol:
Ulnar Nerve Decompression/Neurolysis at the Elbow/Cubital Tunnel; Anterior Subcutaneous Transposition

Phase I:
0-2 weeks

- Brace: splint at neutral full time
- ROM: no elbow ROM; okay for gentle shoulder, wrist, digit ROM
- Weightbearing: Non-weightbearing
- Strengthening: gripping exercises, shoulder isometrics

Phase II:
2-3 weeks

- Brace: removable splint with OT or hinge elbow brace; remove splint for exercises and bathing
- ROM: gradual ROM (ROM 15-120; avoid passive terminal extension)
 - > Continue wrist and shoulder ROM
- Weightbearing: 5-10 lbs
- Strengthening: none
- Exercises: elbow and wrist isometrics, shoulder isometrics

Phase III:
3-6 weeks

- Brace: discontinue splint
- ROM: progress to full elbow ROM, emphasizing full extension
- Weightbearing: as tolerated
- Strengthening: begin gradual strengthening
- Exercises:
 - > Flexibility / stretching & strengthening for wrist ROM, supination-pronation, elbow flexion-extension
 - > Upper body ergometer
 - > Shoulder program

Phase IV:
6-12 weeks

- Brace: none
- ROM: full and pain free ROM
- Weightbearing: as tolerated
- Strengthening:
 - > Initiate light sport activities
 - > After week 8 initiate eccentric exercise program, plyometrics, initiate interval throwing program

Phase V:
12+ weeks

- Brace: none
- ROM: full and pain free ROM
- Weightbearing: as tolerated
- Activity: return to full activity
- Functional activities and sport-specific demands
- Advance lifting and use as tolerated
- Return to competitive throwing
- Return to sport after clearance by MD