

ULNAR NERVE TRANSPOSITION (SUB-CUTANEOUS)

- ❖ 3-5 days post-op:
 - Remove post-op dressings
 - Keep incision site dry for 2 weeks
 - Begin active elbow and wrist range of motion
 - No splint required
 - Lifting restrictions: < 10# for 1 month
 - Edema reduction, as needed
- ❖ 2 weeks post-op:
 - Can follow up with M.D. in Hand Therapy
 - Continue range of motion, edema reduction with home program
- ❖ 4 weeks post-op:
 - Advance lifting to tolerance
- ❖ 6 weeks post-op:
 - Return appointment with M.D.
 - No restrictions