ExeterShoulder
ExeterElbow

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Post-op rehabilitation program for ulnar nerve decompression at the elbow

Problem: ulnar nerve entrapment with pain, decreased sensation and weakness

Aim: to release nerve, decrease pain, improve sensation and weakness

Important points: wean out of sling by day 2 if possible

Forbidden:

- heavy activities or heavy work before 3 weeks

Expectations:

- return to desk jobs at 5-10 days
- driving from end of week one (if pain and function allows safe driving)
- breaststroke swimming at 3 weeks
- all activities by 6 weeks

Physiotherapy protocol day 1 onwards:

- Ensure adequate pain relief, neurovascular status normal and no signs of infection
- Full active movement of shoulder, wrist and hand
- Active assisted flexion, extension, pronation and supination within comfort zone

Physiotherapy protocol day 3 onwards:

- Removal of bulky dressing
- Begin active flexion, extension, pronation and supination within comfort zone

Physiotherapy protocol day 14 onwards:

- Aim for full range of movement