

Dr. Curtis Noel's Protocol for:  
**ULNAR NERVE  
 TRANSPOSITION/  
 DECOMPRESSION**



Sling Use:		Splint for 1 week Sling for 1-3 weeks ***No PT for 1 week***
Phase I: (Passive)	Week 2-3	<ul style="list-style-type: none"> <li>• Passive Range of Motion</li> <li>• Elbow Flexion and Extension</li> <li>• Elbow Pronation and Supination</li> </ul>
Phase II: (Active/Assistive)	Week 4-5	<ul style="list-style-type: none"> <li>• Active Assistive Range of Motion with Passive stretch to prescribed limits</li> <li>• Elbow Flexion and Extension</li> <li>• Elbow Pronation and Supination</li> <li>• Wrist Flexion and Extension</li> <li>• Terminal Stretching as pain allows</li> </ul>
Phase III: (Resisted)	Week 6	<ul style="list-style-type: none"> <li>• Elbow Flexion and Extension</li> <li>• Elbow Pronation and Supination</li> <li>• Eccentric Wrist Flexion and Extension</li> <li>• Eccentric Wrist Pronation and Supination</li> <li>• Standing Forward Punch</li> <li>• Seated Rows</li> <li>• Bicep Curls</li> <li>• Rotator cuff strengthening</li> <li>• PRE's for scapular strengthening</li> </ul>
Weight Training:	Week 7	<ul style="list-style-type: none"> <li>• Keep hands within eyesight, and keep elbows bent</li> <li>• Minimize overhead activities (<u>No</u> Military press, pulldown behind head, or wide grip bench)</li> </ul>
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	2 months	Golf
	4 months	Tennis
	4 months	Contact Sports
	4 months	Throwing