

Physiotherapy Protocol:

Ulna Nerve Decompression

Weeks 1

- Use sling with elbow flexed to 90°
- Compression dressing
- Hand and wrist exercise, shoulder isometrics

Week 2

- Remove sling for exercise and washing
- Increase passive elbow ROM to 15 -120°
- Begin elbow & wrist isometrics and continue shoulder isometrics

Week 3

- Progress elbow ROM, emphasize full extension
- Begin ranging exercises for
 - Wrist extension-flexion / Forearm Supination-pronation / Elbow extension-flexion
- Begin strengthening exercises for
 - Wrist extension-flexion / Forearm Supination-pronation / Elbow extension-flexion / Shoulder program

Weeks 6

- Begin light sport activities

Week 12

- Return to full activities including throwing sports