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**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**PHYSICAL THERAPY PROTOCOL – Ulnar Nerve Transposition**

Phase I: 0-2 weeks

- Quiet in posterior slab splint
- Active ROM of wrist/hand

Phase II: 2-4 weeks

- WB status: limited WB
- Brace: none
- ROM: Gradually progress to full (avoid early forced terminal elbow extension – last 5-10 degrees)
- Week 4: Begin muscle strengthening for wrist, forearm, elbow, and shoulder
- Total body conditioning

Phase III: 4-12 weeks

- WB status: progress WB as tolerated
- ROM: full
- Continue limited strengthening program

Phase IV: 3 mo – 4 mo

- WB status: full
- ROM: full
- Initiate more aggressive weight lifting program
- Begin interval throwing program around 4 months

Return to sport generally between 4-5 months