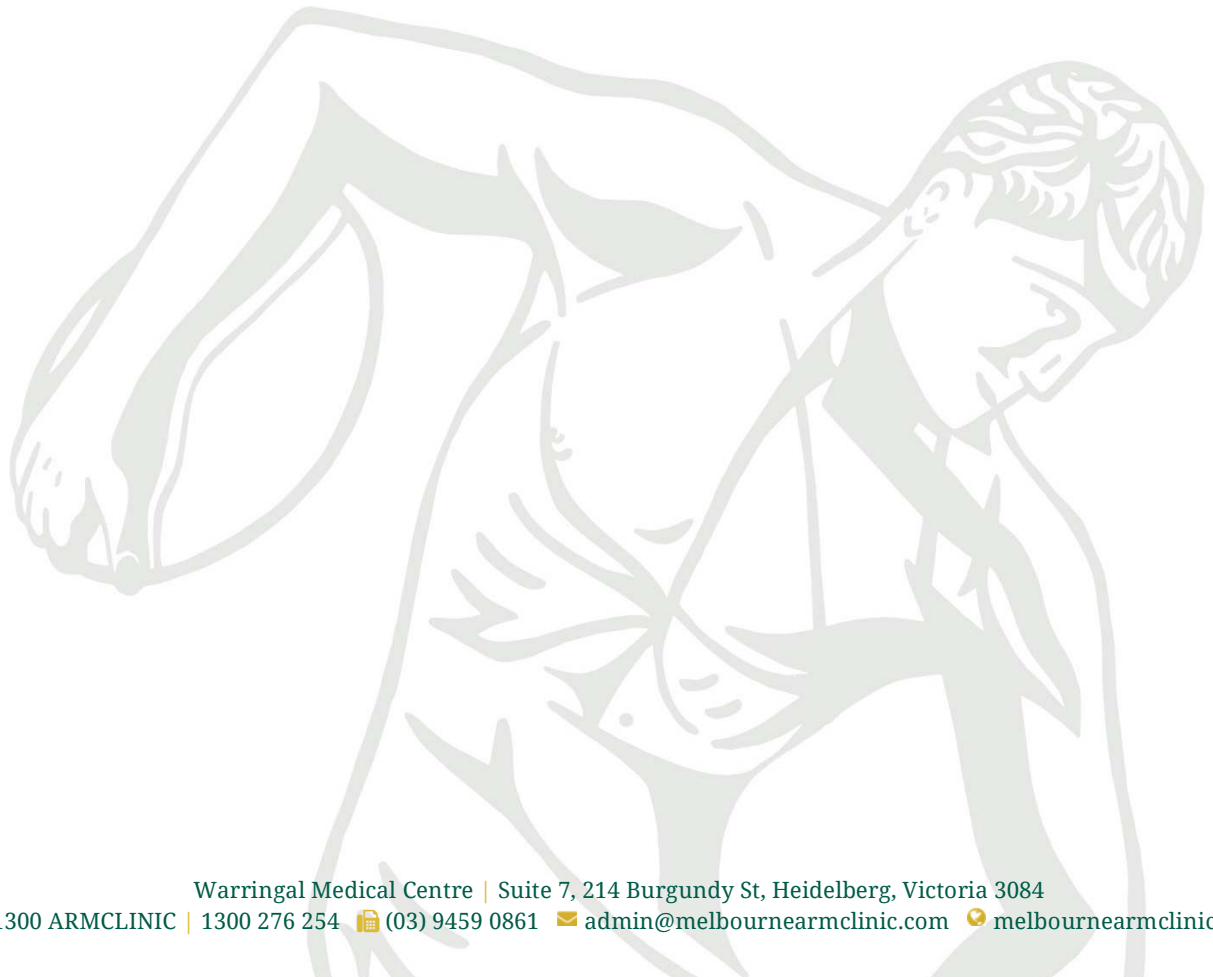




Ulnar Nerve Neurolysis Protocol





Ulnar Nerve Neurolysis

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Sling	When will I go home?	What can I do?	What can't I do?
2 weeks	You will be discharged on the <u>same</u> day as the operation	Gentle elbow range of movement	No movement into painful extremes

Acute phase (0-2 weeks)

Goals

- Reduce pain
- Minimize elbow swelling and finger stiffness

Rehabilitation

- Elbow range of movement exercises respecting pain
- Hand & finger exercises
- Wean sling by 2 weeks

Intermediate phase (2-6 weeks)

Goals

- Restore full elbow range of movement

Rehabilitation

- Progress range of movement exercises to full functional range
- Ensure elbow strength and stability through range
- Scar massage and modalities for improving tissue elongation
- Restore wrist, finger range of movement

Late phase (>6 weeks)

Goals

- Full function of elbow

Rehabilitation

- Continue to progress range of movement, strength and function of upper limb
- Proprioception upper limb exercises to enhance stability

Guidelines for return to functional activities

Driving	Lifting	Swimming	Golf
2 weeks	6 weeks	4 weeks	6 weeks