SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

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ULNAR DECOMPRESSION/TRANSPOSITION

	Therapy Exercises/Precautions
Phase I: Weeks 0-2	• Bulky post-op dressing for 3 days • Early finger, wrist, elbow, and shoulder range of motion encouraged • No lifting over 5 lbs
Phase II: Weeks 2-4	• Scar massage and desensitization starting 3 days after suture removal • ROM: encourage shoulder, elbow, wrist, hand range of motion • Putty or stress ball for hand strengthening • No lifting over 5 lbs
Phase III: Weeks 4+	• No restrictions • Strengthening as tolerated