

Name _____

Date _____

Physician _____



Patient Flow Sheet

Ulnar Nerve Transposition Steadman*Hawkins Protocol

Sling for 3 weeks
No Rehab for 1 week

Phase 1 –(Passive)

Passive Range of Motion

Week 2-3

Elbow Flexion and Extension
Elbow Pronation and Supination

Phase 2- (Active)

Active Range of Motion with Passive Stretch to prescribed limits

Week 4

Elbow Flexion and Extension
Elbow Pronation and Supination
Wrist Flexion and Extension
Terminal Stretching as pain allows

Phase 3 –(Resisted)

Week 6

Elbow Flexion and Extension
Elbow Pronation and Supination
Eccentric Wrist Flexion and Extension
Eccentric Wrist Pronation and Supination
Standing Forward Punch
Seated Rows
Shoulder Shrugs
Bicep Curls

Weight Training

Week 12

Keep hands within eyesight, and keep elbows bent
Minimize overhead activities
No Military press, pulldown behind head, or wide grip bench

Return to Activities

Computer
Golf
Tennis
Contact Sports