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## Ulnar Nerve Transposition Steadman\* Hawkins Protocol

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Phase I: Passive Range of Motion (Weeks 2 to 4)

- Elbow flexion and extension
- Elbow pronation and supination
- Sling for three weeks. No rehab for one week.

### Phase II: Active Range of Motion with Passive Stretch to Prescribed Limits (Weeks 4 to 6)

- Elbow flexion and extension
- Elbow pronation and supination
- Wrist flexion and extension
- Terminal stretching as pain allows

### Phase III: Resisted (Weeks 6 to 12)

- 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

### Phase IV: Weight Training (Week 12)

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

### Phase V: Return to Activities (Week 12 and Beyond)

- Computer
- Golf
- Tennis
- Contact sports