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**Post-Op Protocol for Gregory V. Gomez, MD**  
**Ulnar Nerve Release w/ or w/o Transposition**

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**Initial Post Operative Immobilization:**

- Post Operative soft dressing is to remain clean, dry, and intact until 1<sup>st</sup> post-op visit
- Arm is to remain in arm
- Non-weight bearing to the operative extremity

**5-7 days Post Operative:**

- Return to clinic for 1<sup>st</sup> post-op check

**Week 1-4:**

- Begin Passive and Active Range of Motion
  - Home Exercise Program vs. Physical Therapy
- Desensitization Therapy over scar

**Week 4:**

- Improve Grip Strength
- Isometric Exercises to the Shoulder
- Dexterity Exercises

**Week 6-8:**

- Return to throwing once you have achieved Full Range of Motion that is Pain Free and near return of full strength.

**Week 12:**

- Return to full activities without restriction