

**Mr Mark S. Falworth MBBS FRCS(Eng) FRCS (Orth)**  
**Consultant Orthopaedic Surgeon**  
**Shoulder and Elbow Surgery**

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Spire Bushey Hospital  
Heathbourne Road  
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Royal National Orthopaedic Hospital  
Brockley Hill  
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Middlesex  
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The Stanmore Clinic  
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**Appointments & Queries:**  
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*All correspondence to Spire Bushey Hospital*

**Physiotherapy protocol: Ulna Nerve Decompression**

Weeks 1

- Use sling with elbow flexed to 90°
- Compression dressing
- Hand and wrist exercise, shoulder isometrics

Week 2

- Remove sling for exercise and washing
- Increase passive elbow ROM to 15-120°
- Begin elbow & wrist isometrics and continue shoulder isometrics

Week 3

- Progress elbow ROM, emphasize full extension
- Begin ranging exercises for
  - Wrist extension-flexion / Forearm Supination-pronation / Elbow extension-flexion
- Begin strengthening exercises for
  - Wrist extension-flexion / Forearm Supination-pronation / Elbow extension-flexion / Shoulder program

Weeks 6

- Begin light sport activities

Week 12

- Return to full activities including throwing sports

Comments: