



Cubital Tunnel in Situ Release Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky dressing.
- Gentle finger motion encouraged.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Okay to remove the dressing in 3 days then begin gentle range of motion, no forceful flexion-focus on extension.
- May shower, pat dry, and then cover with Band-Aid.
- Take your pain medication as needed and as prescribed. Call if any problems or questions arise.

2 Weeks Post Op:

- Follow up appointment in clinic
- Initiate nerve gliding exercises (will be demonstrated in clinic)

8 Weeks Post Op:

- Follow up appointment in clinic