



***Cubital Tunnel Release w/Medial Epicondylectomy
Post Operative Rehabilitation Protocol**

Following Surgery:

- Expect a surgical bulky dressing and splint for 10-14 days.
- 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.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medication as needed and as prescribed. Call if any problems or questions arise.

10-14 Days Post Op:

- Sutures will be removed in the office and a posterior splint will be fitted (**if sub muscular transposition performed**) with the elbow in 90° of flexion, the forearm in neutral to slight pronation, and the wrist in neutral to slight flexion.
- May discontinue sling and instead wear elbow pad.
- Therapist will address edema management, scar management, and nerve gliding.
- With therapist supervision, initiate active Range of Motion (ROM) exercises to the elbow (with the forearm pronated and the wrist in slight flexion) 6 times a day for 5 minute sessions.

3 Weeks Post Op:

- Initiate active ROM exercises to the forearm and wrist 6 times a day for 10 minute sessions.
- Initiate ulnar nerve glides.

4-6 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon
- Passive ROM exercises may be initiated to the elbow, forearm, and wrist.
- May discontinue posterior splint and continue to wear elbow pad.

8 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon
- Continue to work on active ROM exercises, and initiate passive ROM exercises.
- May initiate slow, progressive strengthening exercises between 6 weeks to 8 weeks depending on progress.
- Return to daily use of elbow as tolerated.