



Cubital Tunnel Release +/- Transposition Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky dressing for 7 days. Sling as needed.
- 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.

2 Weeks Post Op:

- Follow up appointment in clinic
- Sutures will be removed in the office
- May discontinue sling and instead wear elbow pad
- Begin nerve glide exercises
-

8 Weeks Post Op:

- Follow up appointment in clinic
- May initiate progressive strengthening exercises
- Return to daily use of elbow as tolerated