



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.

10-14 Days Post Op:

- Follow up appointment in clinic with MD/PA.
- Therapist will address edema management, scar management, and nerve gliding.

4 Weeks Post Op:

- As needed:
 - o Gentle extension, no forced flexion.
 - o Okay for full flexion, begin strengthening.