

Cubital Tunnel (Ulnar Nerve) Release Rehab Protocol

Dr. Nielsen

Normal in situ release

0-2 weeks

- Bulky post-op dressing for 3 days
- Early finger, wrist, elbow ROM encouraged
- Sutures out at 10-14 days
- No lifting over 5 lbs

2-4 weeks

- Suture removal
- Scar massage and desensitization starting 3 days after suture removal
- ROM: encourage elbow, wrist, hand AROM
- Putty or stress ball for strengthening
- No lifting over 5 lbs

4+ weeks

- No restrictions
- Aggressive strengthening ok if desired

Anterior Transposition of Ulnar Nerve

0-2 weeks

- Splint with elbow at 90 degrees
- Early finger ROM encouraged
- Sutures out at 10-14 days
- No lifting over 5 lbs

2-6 weeks

- Suture removal
- Scar massage and desensitization starting 3 days after suture removal
- ROM: begin elbow AROM
- Putty or stress ball for strengthening
- No lifting over 5 lbs

6+ weeks

- No restrictions
- Aggressive strengthening ok if desired