

Cubital Tunnel Release Protocol

(Ulnar Nerve Transposition)

2) Subcutaneous Transposition Post-OP

0-3 weeks

- Wound Care: Dressing change
- Edema Management: Tubigrip, education on edema management, may consider use of modalities.
- Scar Management: as soon as stitches are removed add desensitization if needed. Implement scar pad as indicated.
- Immobilization: Protect in post-op dressing 1 week. Use posterior splint PRN as indicated.
- ROM: Gentle ROM elbow, forearm, wrist & hand. (*Protect pronation).
- Nerve mobilization
- May consider modalities as indicated

3-6 weeks

- Edema Management: continue as needed.
- Scar management: scar massage, scar pad secured with tubigrip, desensitization as needed. Implement scar pad as indicated.
- Immobilization: DC splint at this time.
- ROM: may begin strengthening elbow, forearm, wrist & hand. Emphasis low resistance with high repetitions.
- Nerve Mobilization.
- May consider modalities as indicated.

7-12 weeks

- Pt. may return to full duty depending on job requirements.
- Nerve mobilization.
- May consider modalities as indicated.
- Scar management: continue as needed.
- Strengthening: work hardening activities.

If pt. Is a manual laborer, this stage may take as long as 6 to 12 additional weeks.

Questions or concerns, please phone Michelle Miller, OTR.
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