



Cubital Tunnel Release ****with** / without
 Ulnar Nerve Transposition
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	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-7 days	Post-op splint No Gripping		1st visit- Remove dressings. Remove drain if present **With ulnar nerve transposition: apply wrist cock-up splint. Without ulnar nerve transposition: Allow wrist AROM as tolerated
Phase 2: 1-2 weeks 2x/week	No Gripping Can use soap and water but DO NOT submerge x 3.5 weeks	**With ulnar nerve transposition: no wrist ROM x 2 weeks Without: Full AROM as tolerated	Hand, Wrist and Elbow AROM
Phase 3: 2-4 weeks 2x/week	No gripping until 3 weeks post-op	Full wrist and elbow as tolerated	
Phase 4: 4-6 weeks 1-2x/week	None	Full	If patient still requires therapy, Begin strengthening HEP

MD post op appts: 2 weeks, 6 weeks, 12 weeks,

Please send OT progress notes prior to each MD appt.

This protocol is not a substitute for clinical decision making of the health care professional.

Please see OT referral for any specific post op instructions.