

**CUBITAL TUNNEL RELEASE
DR. MENCIAS, MD**

5-7 DAYS POST OP

Post op dressing is removed.

Custom fabricate long arm splint-without wrist. The splint should be worn during activities and at night in order to reduce repetitive elbow extension and flexion.

Initiate mid-range AROM to the elbow and forearm, full AROM to the wrist. Gradually increase arc of motion over the next few days.

Gentle, short-arc nerve gliding.

10-14 DAYS POST

Initiate full arc AROM to the elbow and forearm.

Initiate scar management and edema management.

3 WEEKS POST OP

Initiate AA/PROM to the elbow

4 WEEKS POST OP

Initiate hand strengthening with soft putty, including exercises for the intrinsics.

Endurance building can be initiated for 5 minute sessions. Time can gradually be increased but avoid complete muscle fatigue.

6 WEEKS POST OP

Initiate progressive strengthening exercises to the elbow, forearm, wrist, and hand.