





## Twincitiesshoulderandelbow.com Dr. Chad Myeroff's Rehabilitation Protocol

Cubital Tunnel Release

Phase 1: 0-2 weeks

- Leave soft dressings in place, or remove after POD#3 and replace with compression sleeve
- Edema control:
  - Compressive stocking
  - Elevate above heart on pillows while supine
- Activities and ROM as tolerated

Phase 2: 2-6 weeks

- Edema control, desensitization, dexterity
- Scar management
- Finger, wrist, forearm, elbow A/AA/PROM
- Progressive strengthening
- Activities and ROM as tolerated



More info: twincitiesshoulderandelbow.com/cubitaltunnel/



twincitiesshoulderandelbow.com/patienteducationdocuments/

This document does not necessarily represent the opinion of these parent health organizations. It is designed in good faith to increase your understanding of this injury and your treatment options. It does not replace the opinion, discussion, and treatment from a trained medical professional.