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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/



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