

Dr. Allen Ulnar Nerve Cubital Tunnel Release With Anterior Transposition Post-Op Protocol

Phase I: Protection (Weeks 0-2)

- Leave splint in place until first visit ~2 weeks post-op (cover to shower)
- Scheduled NSAIDs/Tylenol with opioids for break through pain
- Non-weight bearing
- Work on finger, hand, wrist, and shoulder motion

Phase II: Motion (Weeks 2-6)

- First post-op visit at ~2 weeks
- Splint & sutures removed at first visit
- Ok to shower after splint is removed
- Edema control & scar massage once wound is healed
- Begin elbow motion to tolerance
- 1# lifting restriction until week 6
- Ok to use hand for cell phone, hygiene, and computers

Phase III: Strengthening (Weeks 6+)

- Second post-op visit at 6 weeks
- Advance weight training as able
- No restrictions