



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC
PARK CITY • HEBER CITY • SALT LAKE CITY

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Cubital Tunnel Release Protocol

Phase 1

- **Soft Bandage: Remove on day 3-5. (May cover incision with new bandage after)**
 - Shower over incision after removing bandage. No hottubs or open water
- **Days 0-3 (Soft Bandage)**
 - Active motion of the shoulder is acceptable. Minimal movement such as light grip/relaxing of the hand is encouraged soon after surgery
 - **Minimize resistance/ holding objects with the arm/hand. Minimize wrist flex/extension and forearm twisting as much as possible**

Phase 2

- **Days 3-14**
 - Begin performing daily activities. Avoid demanding/ repetitive movements
 - Goals: Gain full mobility and begin light isometric exercises as tolerated
 - **Light to moderate use OK**

Phase 3

- **Weeks 2+**
 - Continue to perform stretching, soft tissue mobilization, and PRE's.
 - Increase isometrics and endurance training: low resistance and high reps
 - **Progress towards functional training. Begin at 50-75% intensity, limit as guided by discomfort**
 - **Avoid overuse. Balance with other types of exercise/activity**
- **Full Recovery Week 4+**
 - Return to full activity. You may need to temporarily limit activity as guided by discomfort for short periods. Sub-maximal intensity during these is generally acceptable
 - Use ice/heat, and anti-inflammatories occasionally as needed
 - Other modalities such as bracing/ taping, compression, ultrasound, steroid injections, and ESWT (Extracorporeal Shock Wave Therapy) may be useful in managing these conditions as well

Notes

- **Most patients will gain full ROM and strength easily on their own. However, we are happy to provide a Physical Therapy order if requested**

