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**REHAB PROTOCOL: CUBITAL TUNNEL RELEASE AND ULNAR NERVE
TRANSPOSITION**

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Precautions:

1. Avoid full extension for first 3 weeks to prevent the nerve from subluxating posteriorly
2. No scar massage for first 6 weeks. This area can be very sensitive

Phase I: 1-3 weeks (Protection phase)

- Passive (self) elbow ROM: 30-130 degrees (physiologic range)
- Unrestricted hand and wrist exercises
- Shoulder ROM exercise with elbow ROM restrictions

Phase II: Weeks 3-6 (Active ROM)

- Active elbow ROM with gradual increase in flexion and extension, and supination and pronation
- Should have full ROM of elbow and shoulder
- Unrestricted hand, wrist and shoulder exercises

Phase III: 6-9 weeks (Strengthening phase)

- Initiate isometrics for elbow flexion and extension

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- Passive stretching to achieve full motion of elbow
- Advance to resistance strengthening with therabands and light weights towards the later half of this phase
- Initiate eccentric exercise program and plyometrics during the later part of this phase
- Initiate interval throwing program
- Gentle scar massage

Phase IV: 10 weeks to 12 weeks (Advance strengthening and return to sports)

- Return to competitive throwing
- Unrestricted activity after 3 months

Modalities

- ◇ Heat and Ice

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____