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**REHAB PROTOCOL: Cubital Tunnel Syndrome**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Precautions:**

1. Avoid provocative activities like prolonged flexion of elbow (holding cell phone in hand, sleeping with elbow in flexion)

**Exercises**

- Patient education, posture correction and ergonomic training
- Outpatient pain medication, joint mobilization, soft tissue mobilization and modalities – ice, heat, ultrasound, etc during the acute phase
- ROM exercises for elbow, and hand
- Strengthening exercises for elbow and hand (interossei, EDM, wrist flexors and extensors)
- Nerve gliding maneuvers in elbow

**Modalities**

- ◇ Heat and Ice
- ◇ Massage
- ◇ Per PT/OT discretion

**Evaluation and others**

- ◇ Teach home exercise program

**Comments:**

**Frequency:**   2   times per week

**Duration:**   12   weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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