Cubital Tunnel – Ulnar Nerve Transposition
Dr. Bakker’s Post-op Protocol

IMPORTANT INSTRUCTIONS FOLLOWING SURGERY:

- After surgery, your forearm and hand will be in a large bandage and plaster splint. Please DO NOT remove this. Try to keep your bandage clean and dry.
- To minimize swelling, you must keep your hand lifted up to your shoulder level.
- When sitting or lying, you should use pillows to support your surgically affected extremity, especially when sleeping.

REFERRAL TO HAND THERAPY:

- You will be instructed to make an appointment with hand therapy (OT) 3 weeks following your surgery. Depending on the clinic where hand therapy will be performed, please contact our Edina office at 952-456-7000 or our Plymouth office at 763-520-7870.

SURGERY TO WEEK 2:

- Remain in the post-operative dressing.
- Perform gentle range of motion activities of the fingers.
- Ice 20-30 minutes three times daily. Elevate when resting.
- Transition to Tylenol.
- Schedule an appointment with Dr. Bakker at the end of week two. Your post-operative dressing and the sutures will be removed. You may get your surgical area wet after sutures are removed, but it is best to avoid submerging your incision for 1-2 days.
- A protective Orthoglass splint will be fabricated to restrict the use of your arm.

WEEK 3:

- Discontinuation of narcotics is expected, continue with Tylenol and ibuprofen as needed.
- You will begin Hand Therapy, emphasizing PROM and AROM of the elbow. Monitor and control swelling of the hand and wrist. Modalities will be conducted as needed. Your therapist will provide you with exercises and progress you as tolerated.
- No splint is required at three weeks.
- Limit lifting to less than 10 lbs. for one month.
- Edema reduction as needed.

**WEEKS 4-6:**

- Continue with therapy with the goals of increasing AROM, scar tissue management and edema control. Therapy is reduced or discontinued if you have a good return of range of motion and function.
- No strengthening at this point, but transition to performing daily activities as tolerated.
- Advance lifting to level of tolerance.

**WEEK 6:**

- Return to the clinic at six weeks post-operatively for re-evaluation.
- Transition to activities as tolerated.
- No restrictions.