

## Cubital Tunnel Release With or Without Transposition

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### Goals of therapy

- Protect ulnar nerve from subluxation with in-situ decompression
- Edema control
- Protect flexor pronator mass in sub-muscular transposition
- Minimize post-operative edema
- Maximize strength

### 3 days post-op

- Remove post-op dressings
- Keep incision site dry for 1 week
- Begin active elbow and wrist range of motion
- No splint required
- Lifting restrictions: < 10 lb for 1 month
- Edema reduction as needed

### 2 weeks post-op

- Can follow up with PA
- Test 2 pt. adductor and interossei strength
- Continue range of motion, edema reduction with home program
- Hand therapy referral placed - optional for patient

### 6 weeks post-op

- Optional appointment with PA. Continue hand therapy if needed
- No restrictions
- Follow up as needed