



Cubital Tunnel Release Protocol

Phase 1

Weeks 0-2

- No lifting greater than 1-2 pounds
 - May do self-care activities as well as light duty work such as typing and writing
- Range of motion (hand, wrist and elbow) is encouraged and very important

Day 3

- Remove post-operative dressing; \geq keep steri-strips (white tape) in place
- Keep surgical site clean and dry

Phase 2

Weeks 2+

- Stitches are absorbable
 - A clear tag of the absorbable stitch may be sticking out of the skin. Snip the tag of the stitch close to your skin.
- May get steri-strips wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry with clean towel.
 - Once steri-strips fall off and incision site is fully healed, water activity is unrestricted
- May gradually return to activity with no weight restrictions

