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; 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 stich 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

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