



Cubital Tunnel Release (Submuscular) Therapy Instructions Laith Al-Shihabi, MD

2-6 weeks

Splint:

- Fashion removable long-arm splint holding the elbow in 90 degrees of flexion and forearm in neutral at 2 week postoperative visit.
- Splint is to be worn at all times except for therapy.

Motion:

- Begin AROM/AAROM elbow extension and flexion with the forearm in neutral at 3 weeks.
- Begin AROM/AAROM wrist extension and passive wrist flexion, along with AROM/AAROM forearm pro/supination at 4 weeks.

6 -10 weeks

Splint:

- Wean from the splint at 6 weeks, discontinue by 8 weeks.
- Static progressive splinting can be initiated if there is failure to achieve greater than a 100 degree arc by 6-8 weeks.

Motion:

- Continue current elbow, wrist, and forearm motion exercises.
- Begin passive elbow, wrist, and forearm motion exercises at 6 weeks.

Strengthening:

- Begin forearm and elbow strengthening at 8 weeks.
- 5 lbs lifting restriction starting at 6 weeks.
- Transition to home exercise program vs. work or sport-specific conditioning at 8 weeks.

10-12+ weeks

Therapy can be continued as a home-based program at this time unless specific sport- or work-related conditioning is required on a case-by-case basis.