



**Orthopaedic Associates of Zanesville**  
**Sports Medicine Division Physical Therapy Protocols**  
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## **Rehabilitation Guidelines for Cubital Tunnel Decompression with/without Transposition**

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's postoperative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

### **0-2 Weeks:**

- Sling and Splint all times
- Promote wrist, hand, and finger ROM

### **2-6 Weeks:**

- Splint removal
- Gradually increase active elbow flexion and extension to tolerance, full pronation and supination
- Promote nerve gliding, anti-inflammatory modalities
- Progress shoulder ROM, gentle rotator cuff strengthening and scapular stabilizer strengthening

### **6-12 Weeks:**

- Progress shoulder, elbow, wrist, hand, and finger strengthening program

### **>12 Weeks:**

- General strengthening
- Sport specific activities, throwing program for throwing athletes