

Physical Therapy Prescription for:

Diagnosis: Cubital Tunnel Syndrome

Surgical Procedure: Ulnar Nerve Decompression

Date of Surgery:

Immediate Post-Op (Weeks 0-2) – PROTECTION PHASE:

- No elbow ROM – bulky soft dressing for soft tissue rest/incision healing
- Wrist ROM, gentle shoulder and elbow ROM, and gripping exercises
- Sutures out Day 10-14

Weeks 3 to 5 – RANGE OF MOTION PHASE:

- Sling for comfort
- Cryotherapy
- Modalities
- Elbow use for light activity
- AROM/PROM as tolerated
- Continue hand and wrist ROM/ADLs - Wrist flexion/extension/pronation/supination

Weeks 6 to 8 – STRENGTHENING PHASE:

- Goal: full ROM
- Initiate Thrower's Ten Program if applicable
- Core/leg exercises
- Elbow flexion and extension strengthening
- Shoulder and periscapular strengthening

Week 8+ – RETURN TO SPORT PHASE:

- Continue all exercises listed above
- Isokinetic strengthening
- Modalities
- Cryotherapy
- Ok to start return to throwing program if applicable
- Continue shoulder program
- Initiate 2-hand plyometric drills, advance to 1-hand plyo drills as able (~2 weeks)
- When able to do 1-hand plyo drills, ok to start advanced Thrower's Ten Program if applicable
- Criteria to return to play: full and pain-free ROM, minimum 80% strength of contralateral side



Lauren H. Redler, M.D.

Date