

Chapter 18

Cubital Tunnel In Situ Release

2 Weeks

- The bulky compressive dressing is removed and edema control measures are initiated as necessary.
- Active and passive ROM exercises are initiated to the elbow, forearm, and wrist for 10 min each hour.
- Scar massage with lotion and manual desensitization exercises are initiated.
- Patient should be independent in eating, self-care, and dressing.

6 Weeks

- Progressive strengthening exercises may be initiated to the elbow, wrist, and hand. Nirschl exercises are frequently initiated beginning with no weight and progressing up to 4 lb over the course of a 4- to 6-week period.
- Patient should be able to lift 16 oz of fluid and pull and push the door open.

Discharge Criteria

- Patient should be independent in all self-care, dressing, and light ADL activities.