

Ulnar Nerve Decompression

A procedure performed to address Cubital Tunnel Syndrome, during which the ulnar nerve is released of any restrictions surrounding the nerve, allowing it to glide freely without compression

Phase I (3 – 5 days post-op)

- ROM:
 - Active and gentle PROM may be initiated for the elbow, wrist, and hand within patient tolerance
- Work:
 - Use of the unaffected extremity only at work until 2 weeks post-op

Phase II (10 days – 14 days post-op)

- ROM:
 - Continue A/PROM for the elbow, wrist, and hand
- Work:
 - Use of the unaffected extremity only at work

Phase III (4 weeks post-op)

- Wound care:
 - Scar massage and desensitization may begin pending wound is completely closed with no signs of infection and all sloughing material/eschar is gone
- ROM:
 - Continue A/PROM for the elbow, wrist, and hand
- Strengthening:
 - Progress to gentle strengthening within patient tolerance
- Work:
 - Advance return to work restriction to a 5 lb weight limit
 - No power gripping or vibratory tools

Phase IV (6 weeks post-op)

- Work:
 - Increase weight limit to 15 lbs.
 - Continue with no power gripping or vibratory tools

Phase V (8+ weeks post-op)

- Work:
 - Return to work without restrictions

Adapted From:

1) Indiana Hand Protocol

Initiation Date: 1-10-2020

Revised Date: n/a

324 Roxbury Road * Rockford, IL * Phone (815) 484-6990 * Fax (815) 484-6961