

## **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 – 14 days post-op)**

- ROM:
  - Active and gentle A/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 (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 15 lb weight limit
  - No power gripping or vibratory tools

### **Phase III (6+ weeks post-op)**

- Work:
  - Continue with no power gripping or vibratory tools
  - Return to work without restrictions

Adapted From:

1. 1) Diagnosis and Treatment Manual for Physicians and Therapists (The Hand Rehabilitation Center of Indiana, 2020).
2. 2) Consultation with Dr. Brian Bear, MD at OrthoIllinois