



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
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***Post-operative Instructions: Cubital Tunnel Release
with Transposition***

- 0-2 weeks: Start finger, wrist, and shoulder ROM immediately after surgery. Gentle elbow ROM only. No lifting, pushing, pulling > 2 lbs. Keep dressing on until follow up.
- 2-6 weeks: Remove sutures if present. Continue working on ROM until normal. No lifting, pushing, pulling > 2 lbs.
- 6-12 weeks: Start strengthening exercises, scar desensitization as needed, nerve gliding as needed.