



**MELBOURNE
SHOULDER
& UPPER LIMB**

Cubital Tunnel Release

What to expect?

Sling	When can I go home?	What can I do?	What can't I do?
1-2 weeks; weane as soon as possible	Same day as surgery	Gentle movements as tolerated	No forced movements

Plan for review appointments?

If something feels wrong	2 weeks	3 months
Call the office in business hours; GP/local emergency department if after hours	Wound check and change of dressings	Review to see how you're progressing

Notes to Physiotherapist

Sling for 1-2 weeks only
ROM as tolerated
Scar massage after 2 weeks
Shoulder/Wrist/Hand ROM

Returning to occupational and recreational activities?

Driving 2 weeks
Light work 2 weeks
Heavy work 6 weeks
Run/Road bike 6 weeks
Gym 6 weeks
Swim 4 weeks
Tennis 6 weeks
Contact sports 6 weeks