



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Non-operative Cubital Tunnel Syndrome

Precautions

- Avoid prolonged elbow flexion (holding phone, sleeping with bent elbow).
- Avoid repetitive activities that compress/stretch the ulnar nerve.

Exercises

- Patient education, ergonomic/postural training.
- Pain management and modalities as needed.
- Elbow/hand ROM.
- Strengthening for interossei, wrist flexors/extensors.
- Ulnar nerve gliding.

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS, Trigger point massage

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

www.lucasmysonmd.com

