



DR CHEN TU PROTOCOL ULNAR NERVE RELEASE / TRANSPOSITION

Post-operative instructions



Get the whole arm moving early—ask for hand therapy promptly if anything concerns you.

DAY 0–2

MOVE THE WHOLE ARM EARLY

- Begin finger, wrist, forearm, elbow and shoulder movement today.
- Bend and straighten the elbow gently; little and often.
- Open the hand fully and make a loose fist.
- Elevate the arm when resting if swollen.
- Use the hand for light tasks as comfortable.

Every 1–2 hours while awake:
5–10 gentle reps

Bend • straighten • open • close
Move—do not force

IMPORTANT

- × Do not keep the elbow still
- × No heavy or repetitive lifting
- × Do not lean on the inner elbow
- × Tubigrip must not feel tight



Support Bend Straighten Loose fist

DAY 2–14

WOUND CARE—KEEP MOVING

- Leave the dressing on until review or as instructed.
- Clean shower water may run over it; pat dry afterwards. Do not soak or scrub.
- Absorbable sutures do not need routine removal.
- Tubigrip is optional for light compression and protection.
- Continue frequent movement; aim for a comfortable full range.



Palm up Palm down Wrist gently

Remove Tubigrip if it becomes wet, tight, rolled, or causes tingling, numbness or colour change. Dry it before reapplying.

2+ WEEKS

RESTORE MOTION AND FUNCTION

- Once the wound is fully closed, remove the dressing and begin scar massage.
- Build desk work, self-care and household tasks first.
- Increase grip and lifting gradually; avoid prolonged pressure on the inner elbow.
- Add gym, gardening and manual work as strength and comfort return.
- Seek hand therapy early if movement, sensation or hand use concerns you.



Elevate Light use Healed scar

Nerves recover slowly. Tingling, numbness and weakness may take months to improve, especially if symptoms were severe before surgery.

TYPICAL MILESTONES

1

DRIVING

- Usually once you can control the vehicle comfortably.
- Turn the wheel and react safely.
- No sling or sedating medicine.

2

AT REVIEW

- Wound and elbow movement checked.
- Absorbable sutures stay in place.
- Hand therapy arranged early if needed.

3

2–4 WEEKS

- Aim for comfortable full elbow, wrist and hand motion.
- Build light work and household tasks.
- Begin scar care once healed.

4

4–6+ WEEKS

- Increase lifting and strengthening gradually.
- Return to gym, gardening and manual work as comfortable.

KEY POINTS TO REMEMBER



Whole arm from day 1



Shower water is okay



Absorbable sutures



Tubigrip optional

SEEK HAND THERAPY EARLY IF:

- motion is becoming stiff
- pain or swelling limits exercise
- numbness or weakness worries you
- hand function is not progressing