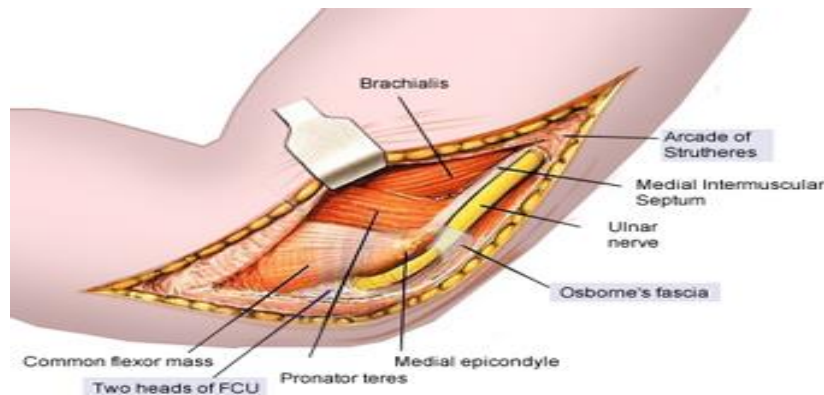




Cubital Tunnel Syndrome (Ulnar nerve entrapment)

What is cubital tunnel syndrome?

Cubital tunnel syndrome is a condition caused by increased pressure on the ulnar nerve at the inner elbow. The nerve can get compressed where it passes under the medial epicondyle of the elbow. Increased pressure on the nerve may result in symptoms such as numbness, tingling and pain in the elbow, forearm and hand/ fingers (especially the 4th & 5th fingers).



What causes Cubital Tunnel Syndrome?

Pressure on the ulnar nerve can be caused by:

- *Repetitive bending* of the elbow can irritate the nerve (bending your elbow causes the nerve to stretch around the medial epicondyle)
- Elbow bent for *prolonged periods* (ie: sleeping with your elbow bent)
- Leaning on your elbow for prolonged periods
- Direct trauma to the elbow

How is Cubital Tunnel Syndrome treated?

- Activity modifications:
 - avoid repetitive bending of your elbow
 - avoid bending your elbow for a prolonged period
 - avoid leaning on your elbow for prolonged positions
 - attempt to keep elbow straight when sleeping (wrap a towel around arm, wear an elbow pad backwards, or a night splint)
- Anti-inflammatory medication (ie: Ibuprofen, Aleve, etc)
- Physical Therapy – including modalities, stretches and nerve glides
- Steroid injection – often helps with mild-moderate symptoms
- Hydro-dissection – injecting fluid around the nerve to release nerves that compressed
- Surgery – Carpal Tunnel Release is usually reserved for more severe or chronic cases