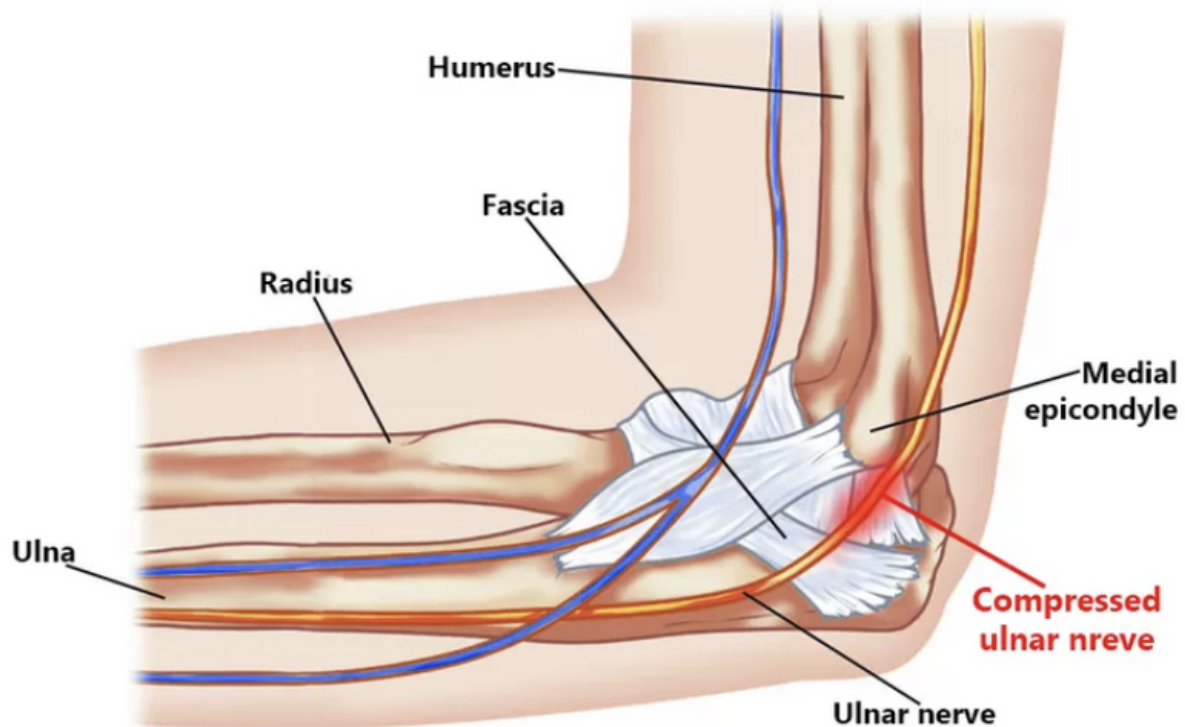


Cubital Tunnel:



What is Cubital Tunnel Syndrome:

Cubital tunnel syndrome is caused by damage to the ulnar nerve, as it passes through through the cubital tunnel. The cubital tunnel is a passageway in the inside of the elbow. With cubital tunnel syndrome, the nerve becomes inflamed.

What are the symptoms?

- Numbness and tingling in the hand the ring and little fingers, especially when the elbow is bent, or leans against something
- Numbness and tingling at night
- Weak grip and clumsiness due to muscle weakness
- Aching pain on the inside of the elbow

What are the risk factors?

- Computer use (typing, use of mouse, leaning elbow against desk)
- Bending your elbow for a long time
- Previous elbow injury

- Smoking
- Repetitive sport activities such as tennis, golf, or baseball

What are the causes:

Pressure: The ulnar nerve has little protection over it. Direct pressure, such as leaning the arm on an arm rest can compress the nerve, causing the arm and hand to feel numb, "fall asleep", or become painful.

Overuse: Sometimes, the ulnar nerve does not stay in its place and can snap back and forth over bone as the elbow moves.

Disease/Previous Injury: Arthritis, bone spurs, previous fractures, and dislocation may lead to nerve damage.

Medical/Surgical Treatment:

1. **Medicine:** Over the counter pain relievers can help such as Advil, Tylenol, and Aleve. Injections: Cortisone injection may decrease symptoms
2. **Splinting:** A splint will help keep the elbow in a better position during sleep to decrease symptoms in the morning. An elbow brace can be used to decrease the pressure in the cubital tunnel throughout the day.
3. **Surgery:** **If symptoms do not respond to above measures, surgery can be performed to decrease pressure on the nerve.**

Prevention:

1. **Rest:** **Stopping any activity that aggravates the condition, such as repetitive bending of the elbow**
2. **Using an elbow pad:** To protect against chronic irritation from hard surfaces
3. **Nerve gliding exercises:** Series of gentle range of motion may help relieve pressure on the ulnar nerve. An individual exercise program can be developed by a Occupational Therapist or Physical Therapist