

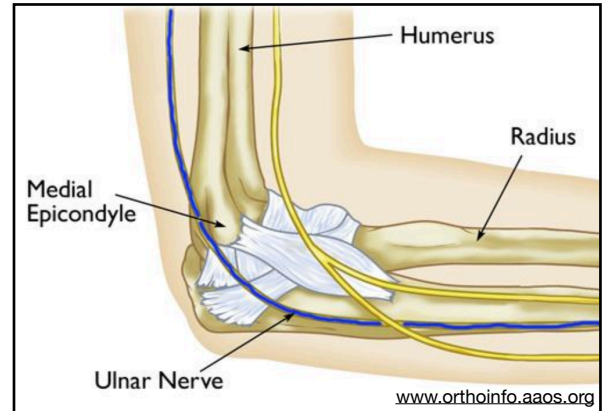
Cubital Tunnel Syndrome (aka Ulnar Neuropathy)

What is cubital tunnel syndrome?

Cubital tunnel syndrome is numbness and tingling of the fingers, mostly in the pinky and ring fingers. The tingling is due to nerve compression at the elbow.

What causes cubital tunnel syndrome?

Cubital tunnel syndrome occurs when the ulnar nerve gets compressed (pinched) through the cubital tunnel at the elbow.



How is cubital tunnel diagnosed?

Cubital tunnel is diagnosed with a physical exam and a nerve conduction study. The nerve conduction study evaluates the severity and exact location of the nerve compression.

How is cubital tunnel treated?

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|--------------|--|---|
| Non-Surgical | Observation | - Sometimes numbness and tingling of the fingers is intermittent and the symptoms are not severe or bothersome enough to need additional treatment |
| | Splinting | - Nighttime splinting of the elbow can take pressure off of the nerve and alleviate the numbness and tingling |
| | Corticosteroid Injection | - A corticosteroid injection can direct strong anti-inflammatory medication directly at the cubital tunnel to decrease the inflammation around the nerve. |
| Surgical | Cubital Tunnel Release (aka Ulnar Nerve Decompression) | - This is an outpatient procedure that takes pressure off of the nerve. There is a small incision on the inside of the elbow and the tunnel that is compressing the nerve is opened up thus taking the pressure on the nerve. |

What is recovery after surgery?

- After surgery, patients are kept in a soft dressing until the follow up appointment.
- You are encouraged to wiggle your fingers/wrist/elbow and squeeze a full fist as much as possible after surgery to help with pain and swelling.
- Most incisions are closed with dissolvable sutures and covered with DermaBond glue so you will not have any stitches to remove.
- The burning, tingling sensation in your fingertips should be gone soon after surgery but nerve recovery can take up to 18 months.