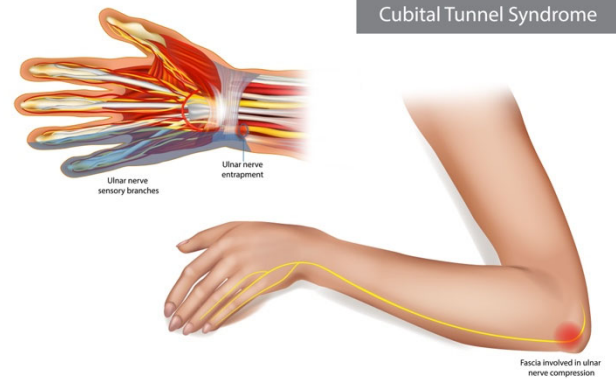


Cubital Tunnel Syndrome

What is cubital tunnel syndrome?

Cubital tunnel syndrome is caused by compression of the ulnar nerve at the elbow. This nerve is often referred to as the “funny bone.” Symptoms of nerve compression here include numbness, tingling, and sometimes pain into the 4th and 5th fingers of the hand (pinky side).



What are the causes of cubital tunnel syndrome?

Cubital tunnel syndrome can result from direct trauma to the elbow such as hitting it against a surface, keeping the elbow bent for a long period of time, or repetitive activities that can cause the nerve to slide across the surface of the bone. Other things that can cause irritation to the nerve include swelling, bone spurs, or enlarged soft tissue that put direct pressure on the nerve.

How is cubital tunnel syndrome diagnosed?

- History and physical examination are the most important components in diagnosing cubital tunnel syndrome.
- Electromyography and nerve conduction studies are often recommended to aid in the diagnosis and to determine the severity of the cubital tunnel syndrome.
- Other imaging is typically not needed to diagnose carpal tunnel syndrome though may be recommended if there are concerns of secondary diagnoses that may be contributing to a patient's symptoms.

How is cubital tunnel syndrome treated?

- Non-operative Treatments:
 - Anti-inflammatory medications
 - Bracing
 - Steroid injections
 - Physical therapy
- Operative Treatments:
 - Ulnar nerve decompression
 - Ulnar nerve transposition