



Cubital Tunnel Patient Education

What is Cubital Tunnel Syndrome?

Cubital Tunnel Syndrome occurs when the ulnar nerve becomes compressed or irritated. The Ulnar Nerve travels from your neck down into your hand. There are five main locations where the ulnar nerve may be compressed around the elbow, Arcade of Struthers, medial intramuscular septum, medial epicondyle, cubital tunnel, deep flexor aponeurosis. Of these, the cubital tunnel is by far the most common. Depending upon where it occurs, this pressure on the nerve can cause numbness or pain in your elbow, hand, wrist, or fingers.

What are the treatment options?

Treatment of Cubital Tunnel Syndrome depends on the severity of your symptoms and recommendations of your doctor. Non-surgical treatments may include physical therapy, reduction of repetitive hand movements, night splinting and anti-inflammatory medication. More severe symptoms may require surgery that involves cutting the transverse carpal ligament using the Endoscopic or open technique.

