

**Cubital Tunnel Syndrome (Conservative)  
Dr. Staiger**

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Phase I Initial Visit	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Assess Tinel's, elbow flexion test, and ulnar nerve glides.</li> <li>• Instruct in ulnar nerve glides.</li> <li>• Issue cubital tunnel nighttime orthosis if ordered or instruct in towel/pillow method.</li> <li>• May use modalities as indicated               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone or Potassium Iodide as indicated.</li> </ul> </li> <li>• Instruct client to avoid activities with elbow flexion past 90° and avoid resting elbows on tables.</li> </ul>	<ul style="list-style-type: none"> <li>• Pain management</li> <li>• Decrease numbness and/or tingling</li> <li>• Edema control</li> </ul>
Phase II 2-4 Weeks	<ul style="list-style-type: none"> <li>• Continue the use of modalities PRN to further decrease localized swelling.</li> </ul>	<ul style="list-style-type: none"> <li>• Continued pain management and edema control</li> </ul>
4-5 Weeks	<p align="center">* Schedule follow up appointment with the physician if symptoms have not improved.</p>	