

Cubital Tunnel Syndrome (Conservative)

Dr. Widstrom

Time Frame	Treatment	Goals
Initial eval	<ul style="list-style-type: none"> • Evaluate and Treat • Instruct in ulnar nerve glides • Issue cubital tunnel nighttime splint if ordered or instruct/educate on towel/pillow wrap method • May use modalities as indicated <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. • Instruct patient to avoid activities with elbow flexion past 90 degrees and avoid resting on elbows 	<ul style="list-style-type: none"> • HEP • Elbow protection • Issue splint, wear and care • Reduce numbness and tingling and/or pain
Phase II: 2-4 weeks	<ul style="list-style-type: none"> • Continue modalities PRN 	<ul style="list-style-type: none"> • Reduce irritation • Reduce localized edema
Phase III : 4-6 weeks post op	<ul style="list-style-type: none"> • Schedule follow up with physician if symptoms have not improved 	