

# CUBITAL TUNNEL SYNDROME (CTS)

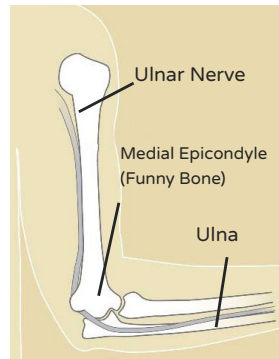
## DESCRIPTION

- When the elbow is bent, the **Ulnar Nerve** may be stretched and pushed against the **Medial Epicondyle (funny bone)**, causing pain
- Caused by pressure on the ulnar nerve, which runs through the elbow to the hand
- Pressure can result in a variety of problems:
  - Pain
  - Clumsiness of hand
  - Swelling
  - Tingling/numbness of ring and small fingers
  - Weakness

## SYMPTOMS

The symptoms are very similar to the pain from hitting your funny bone

- Weakness of hands
- Pain in wrist/forearm/elbow
- Numbness or tingling in small and ring fingers



## FROM AN OCCUPATIONAL THERAPIST'S PERSPECTIVE

### WHAT CAN BE DONE AT HOME

- Home exercise program
- Splinting for correcting postures
- Corrective sleeping methods
  - A towel, wrapped around elbow like a "pig in a blanket" and secured with tape/pins, helps prevent bending the elbows during sleep



### OCCUPATIONAL THERAPY CAN HELP

- Massage
- Heat
- Ultrasound
- Splinting to correct postures leading to pain
- Recommend new positions for sleep
- Help identify aggravating activities and suggest alternative postures



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