

## Cubital Tunnel Syndrome (Conservative)

**Dr. Staiger**

Time Frame	Treatment	Goals
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 a prefabricated cubital tunnel nighttime orthosis (L3762) 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 style="text-align: center;">* Schedule follow up appointment with the physician if symptoms have not improved.</p>	