

Cubital Tunnel Syndrome (Conservative)

Dr. Staiger

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