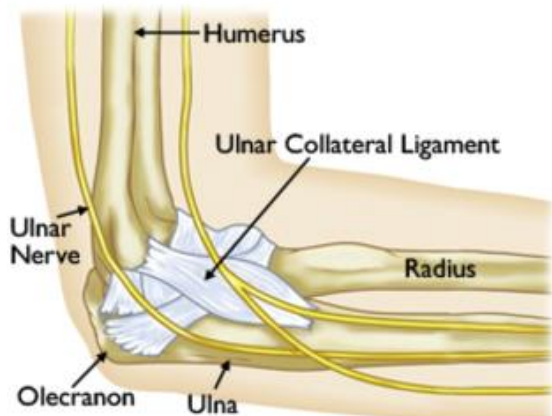


Cubital Tunnel Syndrome (CuTS)

What is the cubital tunnel?

The cubital tunnel is a narrow passage (tunnel) on the inside of the elbow. It is formed by bones and muscles and the ulnar nerve runs through it.



Risk factors for CuTS

- Having the elbow bent for a prolonged period
- Old fractures and/or dislocations of the elbow
- Arthritis of the elbow
- Repetitive activities that involve flexion and extension of the elbow
- Swelling in or around the elbow
- Cysts near the elbow

Ways to treat mild (early) symptoms

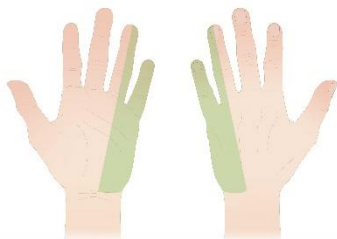
- Avoid activities that involve repeated flexion/extension of the elbow
- Avoid leaning on the elbow for extended periods
- Wear an elbow brace (as shown in the picture below), at night

What is cubital tunnel syndrome?

It is the condition caused when the ulnar nerve is compressed within the cubital tunnel.

Common symptoms of CuTS

- Numbness and tingling in the ring and little fingers (as in the picture below)



- Weakening of the grip
- Ache around the elbow
- Wasting of some small muscles in the hand



- Avoid cycling especially if using a cycle with drop and/or aero handlebars

If the above measures do not alleviate the symptoms and for more advanced cases, surgical decompression of the ulnar nerve may be required.