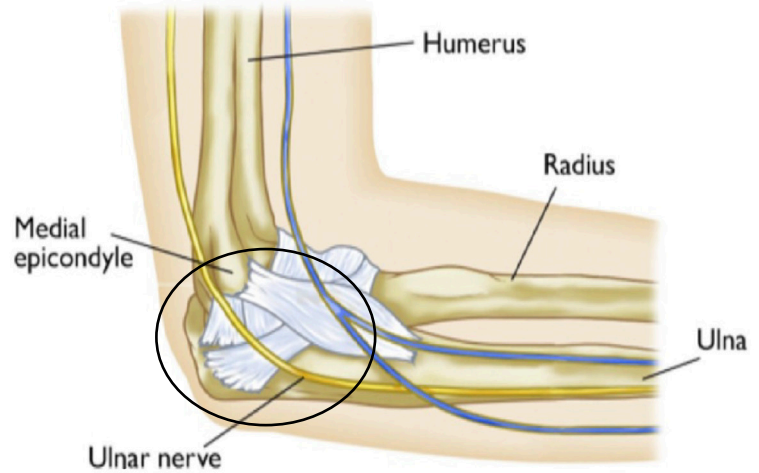


# CUBITAL TUNNEL SYNDROME

## Symptoms

- Numbness and tingling in the ring and little fingers, often worse at night or with leaning on the elbow
- Weakness and clumsiness in the hand
- Aching to the inside of the elbow



## Anatomy/Cause

Cubital Tunnel Syndrome is a condition that affects the Ulnar nerve as it passes through the Cubital tunnel, a narrow passage on the inner side of the elbow. This condition can be caused by prolonged leaning on elbow, repeated bending of the elbow, or an injury to the elbow.

## Treatment

At Hand Works, we can assess your symptoms and determine the best treatment and therapy for you. Your therapist may:

- Provide a splint to better position the elbow while sleeping
- Guide you through exercises to help the ulnar nerve glide through the cubital tunnel.
- Providing education on activity modifications and proper elbow positioning to prevent worsening of symptoms and promote healing.

## Referral

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient Name: \_\_\_\_\_

D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient Mobile: \_\_\_\_\_

Therapy Requested:

\_\_\_\_\_

Medical Centre: \_\_\_\_\_

Provider Number: \_\_\_\_\_

## LOCATIONS

### MURDOCH

Suite 16, Level 1  
Wexford Medical Centre  
3 Barry Marshall Parade

### WEST PERTH

Level 1, 1 Havelock Street

### SOUTH PERTH

Suite 6, 77 South Terrace

### DUNCRAIG

3/64 Arnisdale Road

### MT LAWLEY

61 Walcott Street

### MANDURAH

271 Pinjarra Road

### ROCKINGHAM

24 Pedlar Circuit