

# MIKE FOSTER

## Hand Wrist and Elbow

### Cubital Tunnel

#### Problem

- Numbness and tingling affecting the little and ring fingers

#### Cause

- Compression of the ulna nerve as it goes around the elbow

#### Diagnosis

- Numbness and tingling in the distribution of the ulna nerve
- Weakness and wasting to the small muscles of the hand
- Positive Tinnels (tapping) sign at the elbow
- Nerve Conduction Tests can help but are often normal as the problem is usually intermittent

#### Treatment

- Non Op
  - Splinting the elbow out straight
- Operative
  - GA, Day Case
  - Simple Release
  - Incision on the inside of the elbow joint
  - Release of 'Osbornes Ligament' over the ulna nerve
  - Occasionally the nerve subluxes from its groove and needs to be transposed to the front of the elbow. This can be subcutaneous (beneath the skin) or submuscular (beneath the muscle).

#### Potential Complications

- Infection, Haematoma
- Nerve Injury
- Incomplete recovery of the nerve

#### Post Op Care

- Day Surgery
- Bulky bandage for 10 days
- Removal of sutures at 10 days
- If simple release mobilise as comfortable
- If transposition restrict elbow movement for 3-4 weeks
- Surgical review at 10 days, six weeks and 3 months