



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

CUBITAL TUNNEL

Home Exercises

The key to managing numbness and tingling in the ring and little fingers is to prevent a sustained elbow bent position or pressure on the inside of the elbow.

SPLINTING

At nighttime, wrap a towel roll around your elbow and secure with tape. This should allow you a small amount of motion in your elbow yet keep it from staying in a bent position. If it tends to slip, wear a light long sleeve shirt and safety pin to shirt.

Your provider may have given you a rigid night time splint similar to the one pictured to the right. Wear during sleeping hours unless instructed otherwise.

Using an elbow pad is also helpful. Your physician may give you one or you can order online. Search for "Heelbo pad". These tend to run small. Most adults will need XL to XXL. We do not recommend wearing a tight compressive sleeve on your elbow at this time.



USING YOUR ARM

Avoid:	Try:
Keeping elbow bent when talking on the phone	Using headset or speaker
Pressure on the inside of your elbow	Lower arm rests on work chairs, wear an elbow pad
Prolonged use of arm overhead as in hairdrying	Switch arms frequently or use hairdryer holder
Prolonged holding of book	Rest book on a pillow on your lap. Hold pages open with elastic band around cover and page.

NERVE GLIDE EXERCISES

These exercises are a progression. Continue to the next if the previous one can be done easily and without aggravating numbness. The exercises might cause a little discomfort but should never increase your symptoms. If these positions are difficult for your shoulder, rotate your arm forward.

With your arm out to the side, elbow bent and palm facing away from you, slowly move wrist back and forth. Use your other hand to make sure that your shoulder stays down and drawn back.



Hold 3 Seconds Repeat 5-10 Times

Do 3 Times a Day

Start in same position as #1 and tilt your neck towards the fingers. Twist forearm so that the fingers point away from you at the same time that you gently tilt your head away from your hand. As you improve, straighten elbow further out.

Hold 3 Seconds Repeat 5-10 Times

Do 3 Times a Day

