

The **ulnar nerve** pathway runs from the spine through the arm to the hand.

This nerve passes through the cubital tunnel behind the elbow.

**Connective tissue** around the nerve, including in the cubital tunnel, protects it on its journey.

When the connective tissue is irritated by activities such as leaning on armrests, pulling or lifting, sleeping on a bent elbow or anything requiring repeated bending of the elbow, it responds by becoming inflamed and dense.

Increased pressure on the ulnar nerve by the impinging action of the swollen tissue results in symptoms of injury.

### **Cubital Tunnel Syndrome Symptoms:**

- Early Stage - numbness and/or tingling in the palm and in the ring and little fingers.
- Later Stage - numbness or pain.
- Severe cases can result in loss of sensation and atrophy of the muscles in the hand.

### **Treatments for Cubital Tunnel Syndrome:**

While anti-inflammatory medications and rest can provide temporary relief from symptoms, it's important to address the cause of cubital tunnel syndrome for permanent elimination of pain and subsequent prevention of further occurrences.

Stretching connective tissue regularly and gently will gradually release the tightness in the

connective tissue fibers, relieving symptoms for good.

### **Prevention of Cubital Tunnel Syndrome:**

As in treatment of this injury, prevention of cubital tunnel syndrome is done in the connective tissue system.

By stretching the tissue on a regular basis, the tissue fibers around the ulnar nerve remain fluid and flexible.

Even when repetitive risk factors like leaning on armrests continue, maintaining the health of the connective tissue will prevent injury.

### **Treat The Cause of Cubital Tunnel Syndrome, Not Just The Symptoms**



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