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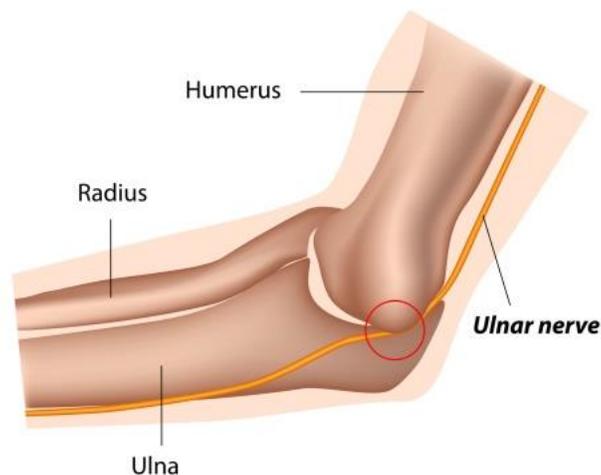
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If you have any questions or concerns, call the office.

Ulnar Nerve Impingement



Cubital Tunnel Syndrome

You have been diagnosed with cubital tunnel syndrome. This is caused by compression of your ulnar nerve at the elbow. The ulnar nerve travels from neck down your arm through a tunnel at your elbow called the "cubital tunnel." The nerve is especially vulnerable to compression or stretch because the cubital tunnel is very narrow and has very little soft tissue to protect it. This compression causes numbness and/or tingling pain in your elbow, hand, wrist, or fingers. This is commonly caused by leaning on your elbow for long periods of time or swelling caused by friction of your ulnar nerve rubbing along structures of the cubital tunnel.

Cubital Tunnel Decompression or Transposition

During cubital tunnel decompression, the nerve is either decompressed or moved from its current location in the tunnel to the anterior elbow to relieve compression and stretch of the nerve. This will prevent friction or stretching of the nerve when your elbow is bent. The procedure is performed under general anesthesia which means you will be asleep throughout

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the procedure. The procedure will take anywhere from 1- 2.5 hours- including recovery time. You will be required to have a driver the day of surgery.

What to expect after surgery

Your arm will be in a hard splint and a sling following surgery. You will be instructed to keep your bandage on, clean and dry until your post-operative appointment with your surgeon. You will be encouraged to work in finger motion to prevent finger stiffness while waiting for your post-operative appointment. At that time you will come out of your surgical dressing and will begin gentle elbow motion exercises. Pain medication will be prescribed for post-operative pain relief. You will wean from this medication over time as your symptoms subside. You may also experience some bruising and/or swelling. These symptoms may be alleviated through Ibuprofen or Aleve, elevation, and ice. (Please do not take additional Tylenol if you are taking narcotic pain medication; this already has Tylenol). Some temporary loss of feeling or numbness is normal. Be cautious of extreme heat or cold. Your fingers will be free to perform normal activities of daily living and it is recommended that you keep your fingers moving to prevent swelling after surgery.

Reasons to call our office

Please call our office if you experience abnormal drainage (yellow or green), fever over 100°F, chills, increasing redness around the incision site, or side effects from your pain medication such as prolonged nausea or rash.