

# Ulnar nerve entrapment treatment

Mild cases of [cubital tunnel syndrome](#) often respond to physical therapies such as: Avoidance of undue pressure on the [elbow](#) during daily activities. Wearing a protective elbow pad over the “funny bone” during daily activities. Wearing a splint during sleep to prevent over-bending of the elbow.

Education of patients and orthotics may help to relieve [symptoms](#), but in more severe cases surgical release is effective. There is ongoing debate within the profession as to what constitutes the optimum surgical approach. The [procedure](#) is associated with some risk of [complications](#), and persistent cases referred for re-exploration may not respond to surgery <sup>1)</sup>.

[Postsurgical Electrostimulation](#) enhanced muscle [reinnervation](#) and functional [recovery](#) following surgery for severe [cubital tunnel syndrome](#). It may be a clinically useful adjunct to surgery for severe [ulnar neuropathy](#), in which functional recovery with conventional treatment is often suboptimal <sup>2)</sup>.

## Technique

Understanding the anatomy is crucial for the success of the nerve release. During ulnar nerve release for cubital tunnel syndrome, a motor branch is frequently crossed anteriorly over the ulnar nerve from its medial/ulnar side proximally to the lateral/radial side distally. Little has been noted about this crossing branch in the literature <sup>3)</sup>

## Ulnar nerve submuscular transposition

### [Ulnar nerve submuscular transposition](#)

<sup>1)</sup>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2599973/>

<sup>2)</sup>

Power HA, Morhart MJ, Olson JL, Chan KM. Postsurgical Electrostimulation Enhances Recovery Following Surgery for Severe Cubital Tunnel Syndrome: A Double-Blind Randomized Controlled Trial. Neurosurgery. 2019 Aug 20. pii: nyz322. doi: 10.1093/neuros/nyz322. [Epub ahead of print] PubMed PMID: 31432080.

<sup>3)</sup>

Majid SS, Patel NT, Mrowczynski OD, Goldman E, Rizk EB, Harbaugh KS. The Crossing Motor [Ulnar Nerve](#) Branch at [Elbow](#). Oper Neurosurg (Hagerstown). 2024 Apr 16. doi: 10.1227/ons.0000000000001155. Epub ahead of print. PMID: 39222350.

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