



HAND IN HAND REHABILITATION, OT, PC

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SPLINTING AND TREATMENT OF ULNAR NEUROPATHY

Ditch Your Discomfort

*Find Relief For Your Ulnar
Neuropathy*

Grill Your Pain Away

*Healthy Grilling Tips For
Preventing Arthritis Pain!*

Share The Love

*Share The Benefits Of
Therapy With A Friend*



SPLINTING AND TREATMENT OF ULNAR NEUROPATHY

Do you notice the “funny bone” feeling when your elbow is bent while driving or holding the phone? Are you waking up at night with a numb ring finger or pinkie? You may be experiencing ulnar nerve neuropathy. Fortunately, our certified hand therapists know the solutions that work!

The ulnar nerve travels from your shoulder to your ring and pinky fingers. The nerve passes under the bony bump on the inner aspect of the elbow (i.e., medial epicondyle). The nerve is relatively unprotected as it travels through this tunnel (i.e., cubital tunnel) and can be compressed between your bone and the skin.

Pressure and/or injury to the ulnar nerve results in pain, tingling, or numbness in one or both hands. When you hit the ulnar nerve, we describe it as hitting our “funny bone.” Hitting the nerve sends sensations of tingling, numbness, burning, and/or pain down the inside of your arm to the ring and little fingers.

If these symptoms persist or occur without hitting the nerve, you could benefit from having a certified hand therapist assess your condition.

WHAT ARE THE CAUSES AND RISK FACTORS ASSOCIATED WITH ULNAR NEUROPATHY?

Persistent pain and tingling in the arm can disrupt our normal daily activities, including household chores, work responsibilities, and even sleep. For some, waiting too long leads to more severe problems like weakness and loss of function in the affected hand.

Ulnar neuropathy is often the result of prolonged stretching or pressure on the nerve itself. When the arm is bent for a long time, the ulnar nerve is in a sustained, stretched position, creating tension, which decreases the blood flow to the nerve and causes nerve irritation.

Compression on the nerve happens when you lean your elbow/arm against a table or due to repetitive movements in a bent position, such as a computer programmer. The key is identifying what you are doing at the time of your symptoms or what you did immediately before you noticed the signs.

The key with hand therapy is to identify what patients are doing when their symptoms start.



FIND RELIEF FOR YOUR ULNAR NEUROPATHY WITH HAND IN HAND

Hand therapists accomplish this by zeroing in on the activities or positions that provoke the symptoms.

The most common risk factors include:

- Obesity
- Diabetes
- Being over 40 years old
- Overhead throwing activities
- Work which involves prolonged elbow flexion or resting elbows on a hard surface

Symptoms can sometimes be associated with other conditions such as osteoarthritis, rheumatoid arthritis and can be aggravated by alcoholism and smoking. Our hand therapists can help identify the solutions regardless of the cause.

HOW HAND THERAPY HELPS ULNAR NEUROPATHIES

Many cases of ulnar neuropathy can be treated without surgery. Our certified hand therapists will perform a comprehensive evaluation to determine the activities that bring on your symptoms.

In more advanced and persistent cases, your hand therapist will modify your activity and recommend you use a splint to take the pressure off the nerve. The most common types of splints include:

- **Custom splints:** These will be fabricated to ensure proper fit and function. They are primarily used to provide support, protection, pain relief, and function/mobility.

- **Elbow blocking:** These splints use a strap behind your elbow to keep your elbow straight.

- **Elbow pads:** These are the regular elbow pads that you can buy at any sporting goods store. Instead of wearing the pad on the back of the elbow, it is moved to the front of the elbow, preventing the elbow from bending and thereby alleviating pressure on the nerve.

As your condition improves, your therapist may teach you:

- **Range-of-motion exercises.** Targeted exercises to restore mobility of muscles that may have shortened due to protective positioning.
- **Strengthening exercises.** Improving strength in the surrounding muscles can help reduce pain and improve or restore function.
- **Nerve gliding exercises.** You can mobilize the nerve to promote blood flow and healing.

Our hand therapists will listen to your concerns and teach you ways to avoid positions that compress or put a prolonged stretch on the ulnar nerve. Our goal is to resolve your condition and prevent further re-injury.

CALL TODAY TO SCHEDULE AN APPOINTMENT

At Hand In Hand Rehabilitation, our certified hand therapists are experts at treating nerve-related injuries. We have proven success with using splints to help resolve ulnar neuropathy.

Call today to schedule an appointment with one of our specialists and see if an ulnar nerve splint is right for you!



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To learn more, call us at:
516.333.1481 (Long Island)
212.472.1000 (Manhattan)

or visit our website at:

HandInHandRehabilitation.com



HEALTHY GRILLING TIPS FOR PREVENTING ARTHRITIS PAIN!

Have you been looking forward to spring cookouts and barbeques all year? It's finally summer, which means the time has come to dust off your grill and pick up your apron from the shelf. However, in the midst of all of the excitement, it's important to remember to eat healthy.

This is especially true for individuals with arthritis. Eating too much of the wrong foods can trigger inflammatory responses, resulting in muscle, nerve, or joint pain.

Certain foods have been shown to reduce inflammation, while others have been shown to aggravate it.

This might sound intimidating, but it's good news! You have the power to lessen your pain and inflammation by making healthy food choices. Here are some examples of tasty foods you can prepare this summer while also being conscious of your health:

SWAP BURGERS FOR SALMON WITH LEMON AND SAVORY SUMMER HERBS.

Studies have shown that eating red and processed meat on a regular basis increases the risk of type 2 diabetes, coronary heart disease, stroke, and certain cancers, particularly colorectal cancer.

Salmon, on the other hand, is high in omega-3 fatty acids and vitamin D—two elements that improve joint health, boost immunity, and protect against inflammation.

REPLACE KETCHUP AND MAYO WITH SALSA

Did you know that ketchup packs roughly 2 teaspoons of sugar per tablespoon? Or that mayo is high in unhealthy fats?

Instead of these common condiments, try something new this spring! Salsa is high in nutrients and low in calories, with only four to five calories per tablespoon and no fat. And it tastes great!

**ENJOY SUMMER PAIN FREE!
CALL US TODAY!**

**516.333.1481 (Long Island)
212.472.1000 (Manhattan)**



GET THE HELP YOU NEED TODAY!



1. Call **516.333.1481** (Long Island) or **212.472.1000** (Manhattan) to talk with your occupational therapist and discuss your pain and symptoms.



2. Your occupational therapist may suggest exercises or precautionary measures to relieve or avoid pain.



3. If further assessment is needed to find the cause of your pain, your therapist can schedule an appointment with you.

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