



Cubital tunnel syndrome (CTS): Compressive neuropathy of the ulnar nerve – case report

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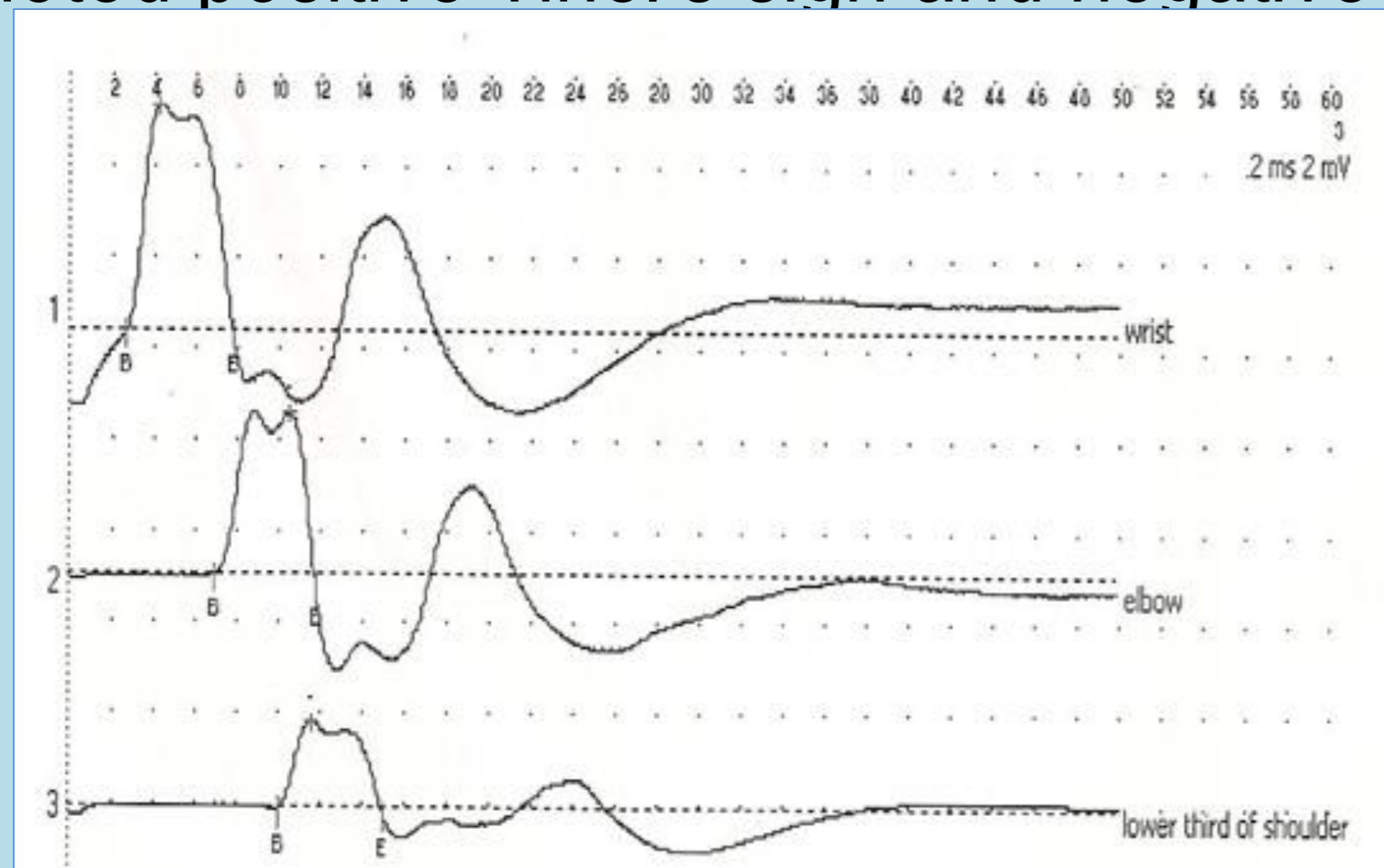
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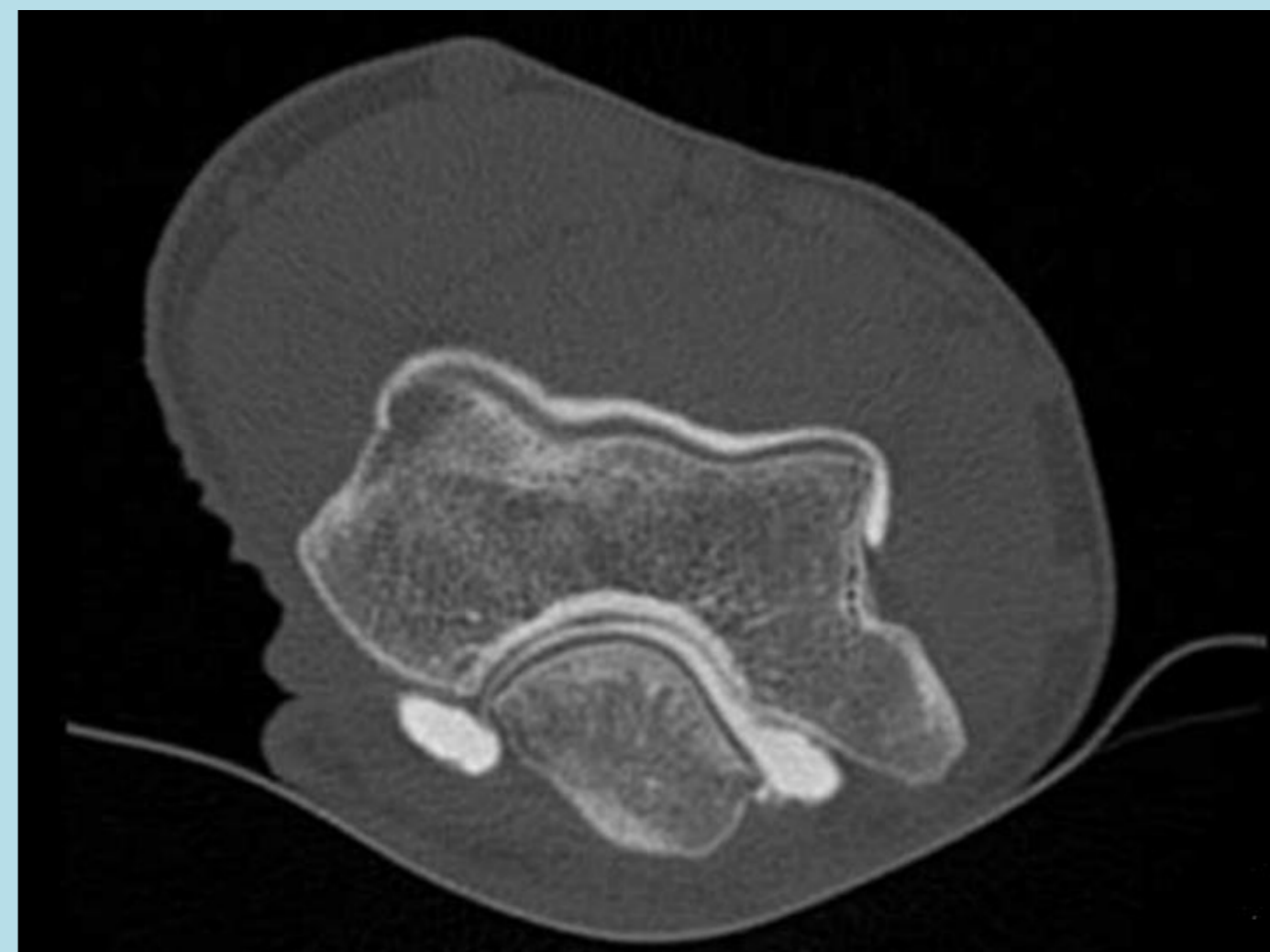
OBJECTIVE of this report is to observe the effect of the applied neurorehabilitation in a patient with first-degree CTS.

BACKGROUND: CTS is the second most common peripheral neuropathy after the carpal tunnel syndrome. People with diabetes, cysts, arthritis and a repetitive and prolonged manual activity are more susceptible than the other people.

CASE AND METHODS: It's a 26 years old man who complains about unilateral stiffness and tingling of the small and ring finger of his right hand and a sense of weakness. During the physical examination are noted positive Tinel's sign and negative Phalen's test.



Pic. 1, EMG record at the patient with CTS, normal finding



Pic. 2, CT-scan of the elbow – clear anatomy

Therapy: Resting and restriction of the limb movements, tablets Ibuprofen for 10 days and physiotherapy. 15 treatments of electrotherapy (Electroplating) were performed, muscle-inhibiting techniques, analytical exercises for upper limbs, muscle strength enhancement exercises, coordination exercises and massage treatments.



Pic. 3, Neurorehabilitative treatment of the elbow and forearm excepting electrotherapy (electroplating), muscle inhibiting techniques and massage treatments.

RESULTS AND CONCLUSION: During neurorehabilitation, subjective at the patient was noted improvement. Upon the treatments, the stiffness and tingling of the small and ring finger in the patient have disappeared and Tinel's sign was negative.

CONCLUSION: The effect of unidirectional current on human tissues has an extremely rehabilitative effect in combination with musculoskeletal techniques, analytical exercises for upper limbs, coordination exercises and massage techniques. All these is improving local blood flow, has excitatory, analgesic and trophic effect of the peripheral nerves. This therapy avoids the need for surgery which in itself entails a multitude of complications.