

Elbow & ulnar nerve / cubital tunnel - education & notes

Clinical-source reading and an observation workbook for elbow, wrist & hand.

01 / Recognize the pattern

Tingling or altered feeling toward the little and ring fingers, sometimes with reduced hand strength. Ulnar nerve near the inner elbow; it can also be affected elsewhere.

02 / Understand the limits

Long periods with the elbow bent or pressure at the inner elbow can aggravate this pattern. Examination distinguishes elbow, wrist and neck causes.

03 / Movement and rehabilitation

A hand therapist may teach an ulnar nerve glide when appropriate. Open the official hand-therapy leaflet and use the clinician-agreed dose; a glide should not be a forced stretch.

04 / Review and warning signs

Avoid compressing the elbow, aggressive end-range holds or repeatedly reproducing finger tingling. Persistent numbness, worsening weakness or visible muscle change needs medical review.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Describe what happens during normal activity. Record location, timing and any change in function. Bring the notes to your clinician; do not use them to identify a nerve lesion or choose a stretching dose yourself.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date and region	Sensation and timing	Activity / position	Function / weakness	Questions / next action

Evidence and original clinical reading

<https://www.nth.nhs.uk/resources/hand-therapy-cubital-tunnel-syndrome/>

Source reviewed 30 September 2026. The clinical publisher has not endorsed or individually approved this site. These guides support assessment, not self-diagnosis. Use clinician-agreed ranges and doses. Keep personal notes private.