

Ulnar Nerve Subluxation

What is an Ulnar Nerve Subluxation?

The ulnar nerve supplies sensation to the hand and controls muscles in the forearm and hand. It passes through a groove in the humerus on the inside of the elbow and sits just under the skin. In this groove, it is commonly referred to as the 'funny bone', because striking the ulnar nerve with an object will result in numbness and tingling in the hand. An ulnar nerve subluxation occurs when the nerve is pulled out of its groove with motion of the elbow.

What causes Ulnar Nerve Subluxation?

Elbow motion, combined with lax or absent soft tissue attachments, can lead to subluxation.

What are the symptoms?

The patient may develop pain and numbness and tingling in the forearm, small and ring fingers. A click may be felt as the nerve leaves its groove.

How is Ulnar Nerve Subluxation diagnosed?

Your surgeon will diagnose this on physical exam.

How is it treated?

Non-operative

Patients with few symptoms can be treated with observation, therapy or anti-inflammatory medication.

Operative

For severe cases, an incision is created over the nerve, and the nerve is moved anteriorly in the forearm to relieve pain and eliminate subluxations.