



Waukesha County's Neurology & Sleep Solutions

262-522-3070

Pewaukee, Mukwonago & Delafield



Neurological Education - Carpal Tunnel and Cubital Tunnel Syndrome

Dr. Jochims is committed to providing comprehensive care for your spine, muscle and nerve disorder. Some examples might be patients with neck and back issues, carpal tunnel syndrome, cubital tunnel syndrome, and polyneuropathy. Dr. Jochims expertly evaluates your particular case through a thorough neurological exam diagnostic neurological testing, if necessary. As a clinical neurophysiologist he is highly skilled and trained in electro-physiological testing of diseases of the spine, muscles, and nerves. Once a diagnosis is made, a personalized treatment plan, to fit your specific needs, will be developed. By treating patients with a customized combination of medication, physical therapy, and other therapeutic approaches we hope to maximize the available conservative approaches to treatment while avoiding the need for surgical intervention.



Carpal Tunnel Syndrome

Common preventative tips to help minimize the effects of CTS include:

- keeping the wrist in a neutral position
- grasping items with the whole hand (not just the fingers)
- resting the wrist
- conditioning exercises

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) is caused by a nerve injury located in the wrists of the arm. Symptoms include tingling, numbness, and pain in the fingers and wrist. The numbness and tingling involves the thumb, 2nd and 3rd fingers. The patient may complain of whole hand numbness. It's not

uncommon to have pain in the upper arm and shoulder. Symptoms are often worse at night and may be relieved by shaking the hand. Common daily tasks may be harder due to the symptoms of CTS.

The carpal tunnel is an actual anatomical space in our wrist. It's a narrow tunnel in the wrist formed by bone and ligaments; this tunnel allows tendons and the median nerve to pass from the forearm into the hand. When CTS occurs, the tendons which pass through this tunnel begin to thicken and will push on the median nerve. This nerve compression causes the symptoms of CTS. If untreated, CTS can progress and symptoms may become worse over time.

Treatment can include wearing wrist splints at night, cortisone injections into the wrist, and/or surgery. There are also some common preventative tips which you can follow to help minimize the effect of CTS on your wrist. Some of these include keeping your wrist in a neutral position (not bent), grasping items with the whole hand not just fingers, resting the wrist, and conditioning exercises.

Cubital Tunnel Syndrome

Cubital tunnel syndrome is a condition in which a major nerve (the ulnar nerve) is injured at the elbow. The cubital tunnel is a groove formed by bone in your elbow, the ulnar nerve passes through this groove from your upper arm down to your fingers. Bending the elbow compresses this nerve as it passes through. Over time this can cause nerve inflammation and irritation. Symptoms of cubital tunnel are numbness, tingling, and pain in the ring and little finger, loss of hand strength, and sharp pain when the elbow is touched. To help prevent cubital tunnel syndrome you should avoid leaning on your elbow and bending your elbow for a prolonged period of time.

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Dr. Sean A. Jochims offers care in sleep medicine, sleep disorders, sleep apnea, CPAP machines, CPAP masks, CPAP supplies, EMG and EEG testing, spine disease (including neck / back pain and radiculopathy), muscle / nerve disease, nerve conduction studies (including carpal tunnel syndrome and neuropathies), headaches, epilepsy and movement disorders (including Parkinson's disease, tremors and Botox treatment).