Indications:
- Cubital tunnel syndrome

Contraindications:
- Lack of consent, allergy to medication, overlying skin infection

Equipment:
- 3ml syringe
- 1 ½ ml -1% lidocaine
- ½ ml kenalog (40mg/ml)
- 25G 1½ inch needle
- betadine swabs
- alcohol swabs
- ethyl chloride spray

Procedure tips/troubleshooting:
- Mark the injection site prior to cleaning skin.
- Do not get needle too close to ethyl chloride spray, this can result in a frozen needle.
- If the patient experiences any paresthesias, tingling, numbness if the ulnar nerve distribution, reposition the needle and continue.