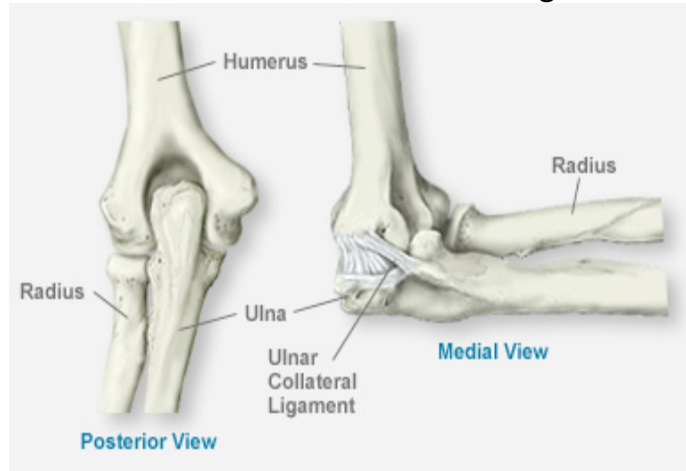




**Texas Tech MedCast**  
**Podcast Episode Fact Sheet**  
**Texas Tech Sports Medicine Series**

## Cubital Tunnel Injection



### **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.

