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An Insight Study of Cubital Tunnel Syndrome and It's Surgical and Nonsurgical Treatment

*Dr. C Vaishnavi Devi**, *Amritha Harish N¹*, *Abitha Aravindakshan²*

*Assistant professor, Department of pharmacy practice, Swamy vivekanandha college of pharmacy, Elayampalayam, Tiruchengode, Namakkal Dist, Tamilnadu, India, 637205

1, 2 Doctor of pharmacy Intern, Department of pharmacy practice, Swamy vivekanandha college of pharmacy, Elayampalayam, Tiruchengode, Namakkal Dist, Tamilnadu, India, 637205

***Corresponding Author** Dr. C Vaishnavi Devi, Pharm D, Assistant professor, Department of pharmacy practice, Swamy vivekanandha college of pharmacy, Elayampalayam, Tiruchengode, Namakkal Dist, Tamilnadu, India, 637205

Email Id: serviceheb@gmail.com

Cubital tunnel syndrome is the second most frequent peripheral nerve syndrome in the human body. The most common symptoms are associated with the bending and straightening of the fingers. This can be mostly effected in the age greater than 40 years with the work requiring lengthy periods of elbow flexion, such as holding a phone and repeated or prolonged elbow bending or flexing movements. The treatment includes the surgical management, non surgical management and home remedies. This syndrome can be prevented by avoid leaning on the elbow and keep elbow straight while sleeping.

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