

CUBITAL TUNNEL SYNDROME INVOLVES THE ULNAR NERVE, I.E. “FUNNY BONE”

- Elbows off the table (and desk and chair arm)!
- Arrange equipment so your elbows are close to your body to avoid cocking wrist toward the little finger side.
- If you are wide (making your arms position outward) an ergonomic keyboard might help.
- Paws not claws
- Use your whole arm to mouse and type, not just your wrist.
- POSTURE, POSTURE, POSTURE

