Learning Objectives

Course Objectives:

• Describe the tests used to rule out proximal issues at the cervical spine and thoracic outlet region.
• List the sites of potential nerve compression for the radial, median, and ulnar nerves at the elbow and forearm.
• Perform provocative tests to identify nerve compressions at the elbow and forearm.
• Describe the joint mobilization techniques used to address issues related to radial tunnel syndrome.
• Explain the neural flossing techniques used to address the following syndromes: cubital tunnel, pronator syndrome, radial tunnel and Wartenberg’s.

Chapter 1: Principles of Conservative and Post-Operative Management

• Perform proximal screen to rule out issues at the cervical spine and thoracic outlet region.
• Provide an overview of specific treatment guidelines when providing conservative and post-operative management for peripheral nerve compression syndromes.

Chapter 2: Cubital Tunnel: Conservative & Post-Operative Management

• Explain the areas of potential nerve compression for the path of the ulnar nerve at the elbow.
• Describe the provocative tests needed to confirm cubital tunnel syndrome.
• Perform appropriate ulnar neural flossing techniques using the principles described in the FLOSS concept.
• Describe the variation in post-operative management of cubital tunnel syndrome following three different types of procedures.

Chapter 3: Radial Tunnel and Wartenberg’s Syndrome: Conservative Management

• Explain the areas of potential nerve compression for the path of the median nerve at the elbow and forearm.
• Describe the provocative tests needed to confirm pronator syndrome.
• Perform appropriate radial neural flossing techniques using the principles described in FLOSS concept.
Chapter 4: Pronator Syndrome: Conservative and Post-Operative Management

- Explain the areas of potential nerve compression for the path of the median nerve at the elbow and forearm.
- Describe the provocative tests needed to confirm pronator syndrome.
- Perform appropriate radial neural flossing techniques using the principles described in the FLOSS concept.