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## **PREVALENCE OF CUBITAL TUNNEL SYNDROME AMONG PREGNANT WOMEN IN THE THIRD TRIMESTER – A PILOT STUDY.**

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**Background:** Cubital Tunnel Syndrome (CuTS) is the second most common upper limb entrapment neuropathy after Carpal Tunnel Syndrome and results from compression of the ulnar nerve at the elbow. Pregnancy is associated with physiological changes such as hormonal fluctuations, increased fluid retention, and soft tissue edema, particularly during the third trimester. These changes may predispose pregnant women to peripheral nerve compressions; however, the prevalence of CuTS in this population remains underreported and often overlooked in clinical practice.

**Purpose:** This study aimed to determine the prevalence of Cubital Tunnel Syndrome among pregnant women in their third trimester and to identify associated risk factors.

**Methods and Materials:** A cross-sectional pilot study was conducted among third-trimester pregnant women attending antenatal clinics. Participants were evaluated using structured questionnaires to assess symptoms related to ulnar nerve compression. Clinical examination included provocative tests such as elbow flexion test and Tinel's sign. Suspected cases were further confirmed using nerve conduction studies wherever feasible. Data collected were analyzed to determine prevalence and to explore correlations with demographic and obstetric variables such as age, parity, gestational weight gain, and presence of edema.

**Results:** Preliminary findings indicated that a considerable proportion of participants exhibited symptoms suggestive of CuTS, predominantly mild sensory disturbances such as numbness and tingling along the ulnar nerve distribution. Increased gestational weight gain and peripheral edema were commonly associated factors. Most identified cases were mild in nature and did not necessitate medical or surgical intervention.

**Conclusion:** Cubital Tunnel Syndrome appears to be an underrecognized condition among pregnant women in the third trimester. Early screening, patient education, and ergonomic modifications may aid in timely identification and prevention of symptom progression.

**Keywords:** Cubital Tunnel Syndrome, Third Trimester, Ulnar Nerve, Pregnant women, Tinel's sign.