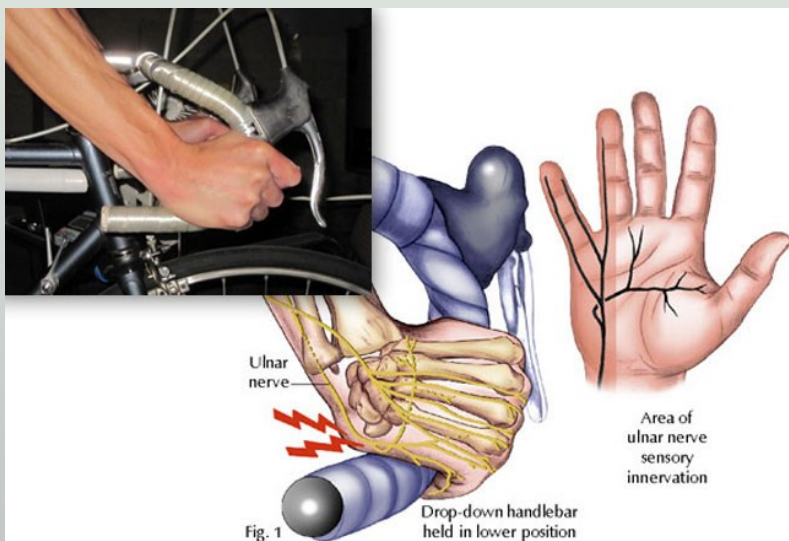


# Ulnar Nerve Entrapment aka Handlebar Palsy

Bicyclists often suffer from pain, numbness and tingling in their hands and fingers. There can be an associated feeling of weakness of hand grip or clumsiness of the hand. These symptoms have been called "Cyclist's Palsy" or "Handlebar Palsy".



The cause of these symptoms is the compression/entrapment and subsequent inflammation of the ulnar nerve at Guyon's canal (pinky side of the palm)

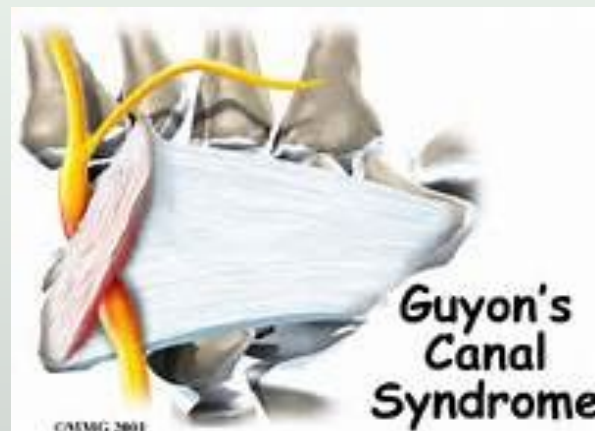
Ulnar nerve compression usually causes sensory symptoms in the pinky finger and pinky side of the ring finger and motor symptoms including clawing of the 4th and 5th fingers, weak hand grip and pinching with the thumb. If left untreated, the nerve compression and inflammation worsen, resulting in the persistence of symptoms even when not bicycle riding. This compared to Carpal Tunnel Syndrome which effects the thumb, index, middle and thumb side of the ring finger.



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## Prevention strategies

- ⇒ Minimize direct pressure on the nerve
- ⇒ Change hand position frequently
- ⇒ Gloves? Evidence shows 10-28% effective
- ⇒ IASTM\* to help with tissue inflammation
- ⇒ Carpal adjustments (removes pressure)
- ⇒ Inhibit excessive wrist extension (traction of the nerve)
- ⇒ Lower and shift bike seat back to reduce forward position of upper body thus transferring weight onto arms and hands.
- ⇒ Extra foam tape on handlebars to allow for extra shock absorption.

\*Instrument assisted soft tissue mobilization



Inflamed Ulnar Nerve due to pressure on the connective tissue