

## **ABSTRACT**

Title: Conservative therapy of ulnar neuropathy at the elbow

Aims: The main goal of this work is to create a comprehensive visual educational material, the so-called patient brochure for patients with a diagnosis of neuropathy of the ulnar nerve in the elbow. The second goal is to present the application of Priessnitz wrap in the diagnosis of ulnar nerve neuropathy in two case reports. A partial goal of this work is to summarize the issues concerning the knowledge of neuropathy of the ulnar nerve in the elbow landscape and its conservative treatment in the form of theoretical research.

Methods of work: The method of content analysis of literary sources was used to create the work, on the basis of which a theoretical search was created. Following this, patient brochures were created. The practical part of the work involved two patients with a diagnosis of neuropathy of the ulnar nerve in the elbow. Both patients were treated with an educational interview between the parties to the regime measures and instruction in the application of Priessnitz compress. In addition to the targeted specific examination, the patients were given a QuickDASH questionnaire to complete, and therefore the questioning method was used. Furthermore, the method of comparison was used in comparing the results of input and output examinations, which formed the basis for evaluating the success of therapy.

Results: Patient brochures (one containing instruction on regimen measures, the other on the application of Priessnitz wrap) were created on the basis of a theoretical literature search on ulnar neuropathy in the elbow and its conservative treatment. Patient from case report 1 achieved an improvement in 7 of the 20 measured parameters in the sensory examination. Muscle strength improved only in the flexor carpi ulnaris muscle. In the QuickDASH questionnaire survey, we noticed an overall improvement in this patient. There was no significant change in the quality of tactile sensation in the patient from case report 2. Muscle strength in one group of muscles mm. interossei palmares decreased. The score of the QuickDASH questionnaire reached worse values in the final evaluation.

Key words: ulnar neuropathy, conservative therapy, cubital tunnel syndrome