

Non-Surgical Solution for Hand Pain

One of the most common hand conditions that patients present with for chiropractic care is carpal tunnel syndrome. It has a very specific set of symptoms which includes numbness, tingling and burning sensations into the thumb and first three fingers, and often times reduced grip strength. Improvement results are amazing through chiropractic wrist and hand adjustments.

Some patients come in with hand pain thinking they have carpal tunnel syndrome, however that's not always the case. There are several other hand conditions or injuries other than carpal tunnel syndrome which can have an unfavorable effect on your health.

Trigger finger is a condition in which a digit becomes locked in a bent position. It can be rather painful for a patient to straighten their own finger after it has become locked.

Hand arthritis can cause pain and stiffness in the fingers. The fingers may not lock as with trigger finger; however, sometimes patients will notice visible bumps or nodules on their finger joints.



A wrist sprain is an injury, normally caused by a fall on an outstretched hand. When left untreated a wrist sprain may develop into a more chronic hand problem.

De Quervain's tendonitis will affect athletes such as golfers. This condition produces pain on the lateral side of the hand near where the thumb connects to the wrist. New mothers are also prone to this condition as a result of holding their newborn baby with cocked wrists.

Sometimes a patient may present with wrist or hand pain, but their symptoms don't necessarily fall into a particular category or diagnosis. It's not uncommon for patients to experience periodic wrist or hand pain that affects them intermittently. This type of hand pain or dysfunction can be variable, and is often classified as a generalized hand condition.

Generalized hand pain may be the result of a musculoskeletal imbalance. Muscular and joint imbalances can produce pain or stiffness, which can usually be traced to an underlying biomechanical abnormality. This type of hand condition will normally respond wonderfully well to gentle wrist and hand adjustments.

Hand patients are often in search of non-invasive, non-surgical solutions. Chiropractic hand care is one of the most effective, long-lasting non-surgical alternatives.

Beat Summer Fatigue with these Natural Energy Boosters

It's that time of year once again when things are beginning to heat up outside. We see an increase in fatigue-related injuries during summer months, but there are a few simple and straight forward things you can do to curb the effects of hot, summer days ahead. These are in no specific order of importance, and they all have their place during your normal routine of daily living.

Stretch

Stretching has been proven to increase blood flow to the body and help it function better. The additional blood flow supports the body systems which increases energy and stamina. Stretching helps to provide relaxation and reduces the risk of injury.

Wind Down

About one hour before bed turn off the TV, put work away, take a warm bath and journal your day. This will allow your body to prepare for a restful night's slumber. By winding down before bed you will sleep better and wake up more energized.

Breathe

When you begin to feel stressed during the day, just breathe. Find a comfortable position by leaning back in your chair and place your hands on your abdomen. Inhale for four counts. Your abdomen should rise as you inhale. Exhale very slowly for eight counts. Do this inhale/exhale exercise until you feel the stress leave your body. Deep breathing will help to bring a higher level of energy, focus and concentration.

10 Minute Walk

Working in front of a computer for eight hours a day can be a big energy drainer. Create the habit of periodically taking a 10-minute walk. As you walk reflect on all of the things and people in your life you are thankful for. Doing this everyday will be a mental and physical energy builder. You may burn a few calories as well.

Get Some Sun

In a landmark study, scientists at the University of Edinburgh in the UK suggest that time in the sun lowers blood pressure and improves overall health. According to Phil Rice, a virologist at St. George's Hospital, University of London - sun exposure can prolong life and prevent infectious disease.



Stay Hydrated

This one probably goes without saying. Proper hydration during hotter months is a key element of keeping your energy stores replenished. During summer months and with increased activity, it's advisable to drink up to 3-4 liters of water per day. Also, consuming smaller quantities of water at shorter intervals is more effective than drinking larger amounts infrequently.

Be Well Adjusted

In addition to all these simple energy boosters, a periodic chiropractic adjustment has been shown to improve energy and stamina allowing you to perform at an optimal level of health and function. If it has been a while since you've received a chiropractic wellness adjustment we encourage you to call our office and schedule an appointment.