**Gulfport Chiropractic**

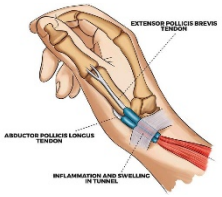
5301 Gulfport Blvd. S
Gulfport, FL 33707

(727) 321-9520
www.gulfportchiro.com

Trained and Endorsed by
Chiropractic HAND & FOOT Clinics Of America™

## Texting and Thumb Tendonitis

Maybe you've heard the term "texting thumb" and wondered if that condition really existed. There are several other condition names that have been thrown around loosely such as iPhone thumb, cell phone thumb, etc., but all of them are common names for a formal condition known as de Quervain's tenosynovitis. Using a smart phone or tablet requires hand motions that place stress on several small muscles, ligaments and nerves that control the hand. With extended use, texting, scrolling and swiping can cause a musculoskeletal hand condition to develop. In fact, this is a quite common compliant with avid mobile device users.




De Quervain's tenosynovitis is a painful condition that affects two of the most prominent tendons that control the movements of the thumb. These tendons glide through a pulley system (or sheath) as they pass through the wrist before connecting to the thumb bone.

Healthy thumb movement and tendon function requires proper alignment of the tiny bones and joints in the wrist and hand. When these bones and joints are aligned properly the connecting muscles and tendons will function harmoniously to provide optimal thumb movement. However, when the tiny bones and joints of the wrist and hand lose their healthy alignment, it causes friction and stress on the tendons that glide through the pully system and tendon sheath. Prolonged use combined with unhealthy carpal joint alignment can lead to dysfunction or a painful hand condition.

With proper thumb and carpal alignment, you should be able to use your cell phone or tablet without any pain or discomfort. However, when you lose the healthy alignment of these bones and joints, with repetitive activities such as texting, you may begin to develop a hand condition such as De Quervain's tendonitis.

When De Quervain's tendonitis isn't treated appropriately, or if treatment is delayed, it may lead to the development of osteoarthritis in the joint where the thumb connects to the wrist. It is therefore best to seek treatment for this potentially disabling hand condition sooner rather than later.

De Quervain's tendonitis has been around for a long time and doctors have tried many different things in attempt to treat this painful condition. Common treatments for De Quervain's include anti-inflammatory prescription medications, cortisone injections, and even surgery in extreme cases.

However, there's actually a non-surgical treatment that will alleviate the symptoms associated with De Quervain's tendonitis, and also correct the underlying problem that caused the condition to develop in the first place.

Chiropractic adjustments to the bones and joints of the wrist and hand will normalize the biomechanics and reduce tendon stress and friction. This will improve the internal environment of the muscles, tendons and nerves within the hand, allowing the body to heal naturally. This treatment is efficient, painless, and highly effective.

## Healthy Foot Alignment Equals Healthy Arches

There are 206 bones in your body, and 52 of them exist in your feet. That means over ¼ of your skeleton resides in your feet alone. The 26 tarsal bones in each foot are arranged into a network of arches.

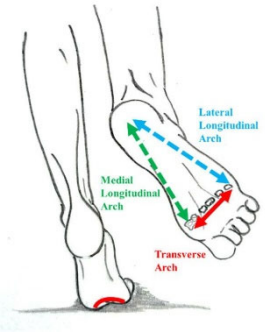
These arches provide flexibility across the foot while you walk or run. The arches are designed to absorb a large percentage of the shock and force from each step you take.

If your foot structure was designed in such a way that your tarsal bones were flat against the ground, there would be far greater stress on your knees, hips and spine during the normal gait pattern. That's why people who develop flat feet are more susceptible to knee pain, hip pain, and chronic back problems.

As opposed to flat feet, some people have excessively high arches. High arches can actually be worse than flat feet when it comes to shock absorption qualities. These people will also develop potential spinal problems related to insufficient foot flexibility.

The average person walks several thousand steps every day. A sedentary person may only walk a couple thousand steps, but an active person could easily walk over 10,000 steps each day. This means your feet will have the opportunity to do their job of absorbing shock millions of times throughout your life.

It makes perfect sense why 72% of Americans will suffer with disabling foot pain during their lifetime according to the American Podiatry Medical Association.




Due to the microtrauma sustained by the feet from daily walking, running and activity, the tarsal bones eventually begin to lose their healthy alignment. Because of this structural misalignment which occurs, the feet will begin to experience dysfunction.

As a result, your feet may not be able to adequately absorb the shock and stress from each of those steps you take on a routine, daily basis.

When the arches of your feet are intact, you stand a much better chance of having healthy feet, and a healthy spine. Specific chiropractic adjustments to the bones and joints of the feet are crucial to optimal foot health and arch integrity. Our chiropractic clinic focuses on adjusting the feet to improve optimal alignment and function.

If you have a family member, friend or acquaintance who you know suffers with foot pain or other similar symptoms, we encourage and thank you for telling them about us and referring them in for a chiropractic foot exam.