

ORTHO GO

PHYSICAL & AQUATIC THERAPY

Orthogo Physical and Aquatic Therapy Newsletter

Coming Soon

How to take care of your nail beds to avoid infection or worse.

SLEEPY NERVES

We have all experienced it - the arm falls "asleep", tingles, or is even numb. What causes this condition? Is it a loss of circulation or nerve problems? The answer is that a loss of circulation will cause a problem with the nerve.

There are four possible causes of tingling, burning, cramping, and numbness, collectively called paresthesia. Ischemia, cutting off the blood flow to a body tissue, is the most likely cause of paresthesia. A nerve, which is made up of tiny nerves (called neurons), connective tissue, and blood vessels can be compressed causing ischemia. Compression of the microcirculation around a nerve causes the nerve to fire randomly giving one the sense of tingling, burning, cramping, and/or numbness.

Most of the time, the paresthesias will resolve with the restoration of microcirculation to the nerve. However, if the ischemia lasts for 40 minutes or more or repetitively occurs, then nerve damage will occur. This can lead to pain and loss of muscle function called "palsy." Saturday Night Palsy occurs when someone falls asleep on your outstretched arm causing ischemia of the radial nerve. Other conditions like Carpal Tunnel Syndrome and Guyon's Canal Syndrome, discussed below, are the result of ischemia of specific nerves in the wrist and hand.

GUYON'S CANAL SYNDROME AND CYCLING

Guyon's Canal Syndrome is a condition often seen in cyclists when the ulnar nerve is compressed in its canal over the wrist. Resting the palms of the hands on bicycle handlebars is typically the cause. This can cause tingling, burning, cramping, and numbness in part of the ring finger, the pinky finger, and part of the palm.

Treatment is similar to that for Carpal Tunnel Syndrome. Your physical therapist will help you identify activities that may be causing the problem and may provide you with a splint. Rest is important to allow the soft tissues to heal and in rare cases, surgery may be indicated.



Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

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"Compression of the microcirculation around a nerve causes the problem."