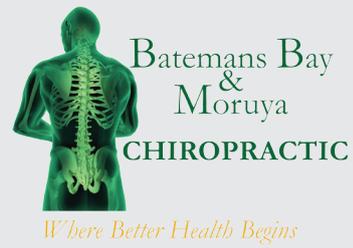


NUMBNESS & TINGLING



NUMBNESS AND TINGLING IN ARMS AND LEGS

Numbness and tingling are abnormal sensations that can occur anywhere in your body while numbness and tingling in the arms and legs are the most common association and complaint.

Sensations related to numbness and tingling in the arms and legs are often caused by an interruption in proper nerve flow. Activities like sitting or standing in one position for a long period of time can cause a temporary pinch on the nerve thereby interrupting its conduction. Continuous pressure on a nerve - herniated disc or facet imbrications - can cause lasting damage to the layers of the nerve known as myelin sheaths.

There are many common causes of numbness and tingling in arms and legs. Some common causes include:

Disc Herniations	Disc herniations are bulges in the disc material between the vertebral segments, resulting in an increase in pressure in the spinal and/or lateral canal.
Carpal Tunnel	Carpal tunnel occurs when there is pressure on the median nerve of the wrist. The median nerve is responsible for the feeling and movement to parts of the hand.
Diabetes	Diabetes is a lifelong or chronic disease in which the person's blood has dangerously high levels of sugar present.
Multiple Sclerosis	Multiple sclerosis or MS is an autoimmune disease that affects the brain and spinal cord. MS is a prolific cause of damage to the neural myelin sheaths.
Stroke	A stroke occurs when blood flow to the brain stops thus causing permanent damage.
Transient Ischemic Attack	A transient ischemic attack is similar to a "mini stroke" but without permanent damage to the brain.
Vitamin B12 Deficiency Raynaud's phenomenon	Raynaud's phenomenon is a condition in which cold weather or strong emotion can cause the person's blood vessels to spasm and as a result, block blood flow to the arms and legs.

How Your Chiropractor Can Relieve Numbness and Tingling in Arms and Legs

In the case of prolonged numbness and tingling in arms and legs, early detection and proper diagnosis by a Chiropractor is of the utmost importance. Most causes of numbness and tingling are not serious and can be resolved quickly.

As holistic practitioners, Chiropractors place the focus on the body as a whole rather than focusing on your numbness and tingling pain alone. By examining your lifestyle, daily activities, diet and exercise we are able to not only identify the symptoms causing your arm and leg discomfort, but also the causes. This integrated approach helps determine the best and quickest treatment protocol for your arm and leg discomfort.

Chiropractors are uniquely qualified to restore the health of your joints, muscles, nerves and connective tissues. Chiropractic techniques that are focused on your spine may relieve the pressure that is causing your arm/leg numbness and tingling sensations. These chiropractic adjustments can help restore alignment, improve mobility and relieve arm and leg pain, swelling and stiffness.

With neck pain relief, elbow pain relief, low back pain relief and shoulder pain relief, we apply a variety of therapeutic modalities in conjunction with the chiropractic adjustment which may include but not be limited to moist heat, ice packs, electro-therapy, ultrasound, massage, traction, stretching, and strengthening exercises.

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