



Body Awareness

Physical Therapy

The Body Beat

Summer 2006

Volume Five

Number Two

Tingling & Numbness

We are all creatures of habit, and some habits are better than others. An example of how a habit can effect your health comes from a common medical question, "Why do my arms or fingers feel funny when I wake up in the morning?" Positional sleep habits are one common reason for these uncomfortable sensations upon waking. The intensity of what you feel along with how frequent this sensation occurs, dictates the severity of the condition.

Most people describe the symptoms as pins and needles or a prickling sensation in the forearm or fingers. Others may describe the sensation as numbness or a lack of sensation. Generally, the symptoms last for a few minutes and gradually disappear as the individual starts to move the arm and hand. These symptoms can be traced back to compressed nerve tissue due to positional fault of the head,

neck, arm or wrist while sleeping.

However, a more serious condition may be the problem if symptoms last for longer periods or if the same symptoms are felt at various times throughout the day.

Conditions such as this are not life threatening, but can lead to severe problems if gone untreated for a prolonged period of time. Repetitive activities, such as typing at a computer with improper work station set up, can irritate the nerves and lead to daytime numbness and tingling of the arm or hands. Remedies for such occurrences include paying close attention to sleeping positions and making sure computer workstations are ergonomically correct.

As previously mentioned, symptoms that last for longer than a few minutes or seem to return throughout the day may be an indication of a more serious condition involving compression of the nerve root in the neck and can

What's Inside?	
Q'n'A.....	2
Graduate of the Month.....	2
Community Corner.....	3
Healthy Hints.....	4

be debilitating.

Some tell tale signs include dropping objects, a lack of grip strength, limited sensation in the fingers and loss of fine motor coordination and finger dexterity. Awkward positions of the neck while sleeping can trigger these arm symptoms because the nerves that exit the canal between two vertebrae of the neck are compressed. This may indicate some type of stenosis, or narrowing of the canal, that may worsen with time as increased stress is placed on the area.

If you notice symptoms similar to those described here, you should notify your physician. Physical therapy can be a helpful in relieving these symptoms and gaining function for activities of daily living.

Q'N'A

Your questions answered by the Licensed Physical Therapists of Body Awareness Physical Therapy.

Q: If left untreated, can my numbness and tingling lead to something worse?

A: Yes. The symptoms worsen and greater tissue damage may occur. Prolonged compression leads to severe functional deficits in sensation, strength and motor coordination of the hands and arms that are affected.

Q: What can I expect from physical therapy?

A: After your physical therapist has identified what areas need to be addressed, your treatments may include a combination of soft tissue mobilizations, joint mobilizations, postural education, and exercises to help reinforce better

posture and modalities like cold packs and electrical stimulation to reduce pain and swelling.

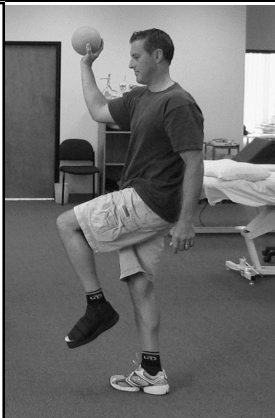
Q: How will I know that I am getting better?

A: Fewer symptoms that do not last as long or do not occur as frequently. If your symptoms initially extended all the way down to the fingers and two weeks later it stays isolated at your neck and shoulder region, that is a sign of improvement. Another sign of improvement are the symptoms that started off feeling numb that gradually develop into tingling sensations. As compression of the nerve is relieved you should feel fewer symptoms and notice improved strength and coordination.

BODY AWARENESS GRADUATE OF THE MONTH

Graduate of the Month: Phil DiMento

Phil originally came to Body Awareness Physical Therapy with a knee problem and as soon as his knee was better, he had surgery on his foot. Phil had a neuroma removed from between the long bones in his foot. A neuroma is a bundle of tissue that can cause pain, tingling and numbness but can be removed in a common surgical procedure. Phil is a firefighter and leads an active life, including running and surfing. Since completing physical therapy he has



been able to return to saving lives as well as his own favorite pastimes.

Again, your office was very helpful, flexible and friendly. It always started with a smile from Rebecca and continued with quality treatment from Cesar and the Aides. If I ever need physical therapy again, this will be my place. Thank you all!

Phil DiMento

Community Corner

Cool Shades

Both of the Body Awareness offices have recently become just a little “cooler” by getting the windows tinted. We are doing our part to conserve energy during this heat wave and at the same time, providing our clients with better privacy from passers-by.

Updated Website

Check out our newly updated website this month. We will continue to improve our website to include more educational materials and interactive surveys. Check us out at www.BodyAwarenessPT.com. *The Body Beat* will be available by email subscription soon too!

Promotions

Kelli Anderson was recently promoted from Physical Therapy Aide in Costa Mesa to Office Manager and Patient Representative in San Clemente. Let her know if you have any questions or concerns about your treatment or insurance. Meghann Oakes, Physical Therapy Aide in San Clemente completed her Pilates Certification and an internship with our Director of Pilates, Kinga Night. Meghann will be opening up hours for Private and Duet Pilates sessions on Tuesdays and Thursdays. Give us a call to get on her schedule!

Win a pair of movie passes!

First 5 people to call with the correct answer win a pair of movie passes!

Put your code cracking skills to good use to decipher the following sentence. Hint: Do not reflect on it for too long.....

EAH OT f'idah boog A l' s'it'zop' d'ood

Contact us in Costa Mesa

2951 Harbor Blvd.
Costa Mesa, CA 92626

Phone (714) 546-7575
Fax (714) 546-7573

Or at our South Orange County Location

1031 Avenida Pico, suite 201
San Clemente, CA 92673

Phone (949) 366-3362
Fax (949) 366-3352

www.BodyAwarenessPT.com



Body Awareness *Physical Therapy*

- 2951 Harbor Blvd.
Costa Mesa, CA 92626
- 1031 Avenida Pico, Ste 201
San Clemente, CA 92673

Healthy Hints

- If you have to fold your pillow over to get comfortable in bed, it's time for a new pillow.
- Your pillows and mattress should support the natural curves of your spine, no matter what position you sleep in.
- Prop your pillows to support your spine, including a pillow between your knees if you are a side-sleeper.