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What is My Body Trying to Tell Me?

Numbness and Tingling in Hands and Feet

Numbness and tingling are abnormal sensations that can occur anywhere in your body, but are often felt in your arms, hands, fingers, legs, feet and toes.

Sometimes the "pins and needles" effect is temporary, and the cause can be something very simple, such as sitting or standing in the same position for a long time, or receiving a bite from an insect or animal. In many cases, however, these sensations can be severe, chronic, and an indication of a much more serious problem.

Numbness or tingling in the extremities can be signs of a variety of conditions, one of which is nerve damage, or peripheral neuropathy. Traumatic or repetitive stress injuries, bacterial or viral infections, the use of certain medications or systemic diseases such as diabetes are just some of the possible causes of neuropathy. It is important to seek prompt medical evaluation for any persistent symptoms, as the earlier diagnosis and treatment begin, the less likely you are to suffer potentially lifelong consequences.

There are general lifestyle recommendations that can help improve some forms of neuropathy, such as maintaining an optimal weight, following a doctor-supervised exercise program, eating a balanced diet, not smoking and avoiding or limiting alcohol consumption, but these changes often don't eliminate the problem. At Rappe Chiropractic in La Quinta, we offer a new, state of the art approach to this all too common complaint: High Power Laser Therapy.

95% of the neuropathy cases out there can be treated effectively with a deep penetrating, high power laser, which directly stimulates the affected nerves. The Avicenna TMA 30 watt laser is the only therapeutic device in the Coachella Valley that can deliver 30 watts of laser power directly to the deep tissues and nerves of neuropathy.

The Avicenna TMA 30 watt laser stimulates the deepest tissues involved in neuropathy, creating vasodilation (widening of blood vessels), and increased nutrient and oxygen rich blood flow to the area. This is very important for the healing of dysfunctional tissues associated with neuropathy. It's like taking a withered plant, giving it nutrient rich water and putting it in the sun light; the plant springs back to life!

Rappe Chiropractic offers a variety of Ultimate Health and Wellness services, including a brand new therapeutic Massage program. For a FREE Consultation call (760) 777-4177 www.rappechiropractic.com

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