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## Numbness and Tingling in Arms and Hands – Where Does That Come From?

Numbness and tingling, the abnormal sensations that often occur in your arms, hands, fingers, legs, feet and toes, can be signs of a variety of conditions, from simple to serious. But when these sensations are limited to the arms and hands, the culprit is probably your neck. The diagnosis of neck, shoulder, and arm/hand pain can sometimes be a challenge. Pain arising from nerves or joints in the neck can radiate pain or tingling to the shoulder blade or hand. Pain from the shoulder can often result in secondary pain at the neck or even occasional tingling to the hand. Problems in the neck area can also be the source of frequent headaches. These are a few examples of painful conditions that have overlapping pain, tingling or other symptoms.

While neck pain is less common than lower back pain, millions of people experience it at some point in their lives. We have all suffered from a “stiff neck,” perhaps after a bad night’s sleep, but persistent problems may be a sign of something serious. Progressive neurological deficit (weakness in the arms or loss of feeling and coordination in the arms) could indicate nerve damage, possibly caused by degenerative discs in the neck. When the discs in your neck become compressed, or “pinched,” they put pressure on nerves that communicate between the brain and your shoulders, arms, wrists and hands. These reactions can vary from mild to severe. Pain, numbness or tingling are warning signs your body is sending you that there is a problem.

Regular, moderate exercise is a good way to avoid disc problems, helping keep your spine, from neck to lower back, flexible and strong. But if you are experiencing symptoms like those previously mentioned, you may need to seek corrective treatment. High Powered Laser Therapy and Spinal Decompression Therapy are safe, non-surgical options for disc problems originating in the neck. Spinal Decompression gently separates vertebrae, allowing retraction of damaged disc material, while High Powered Laser Therapy reduces inflammation and accelerates healing.

Before seeking treatment, you need to have x-rays taken to establish the exact nature of your injury, and to help determine the most effective course of action. Rappe Chiropractic offers a variety of Ultimate Health and Wellness services, including onsite digital x-rays, High Powered Laser Therapy and Spinal Decompression Therapy. For a FREE Consultation call (760) 777-4177 [www.rappechiropractic.com](http://www.rappechiropractic.com)

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