

## CLINIC SERVICES:

- Chiropractic
- Spinal Decompression Therapy
- Motorised Flexion Distraction Therapy (MFDT)
- Remedial Massage
- Spinal Rehabilitation
- Core Exercise Therapy
- Sports Injuries
- Ergonomic Assessments
- Spinal Health Workshops
- Spine and Posture Awareness Programs

## CLINIC HOURS:

Monday	7.30am - 7.00pm
Tuesday	7.30am - 7.00pm
Wednesday	7.30am - 7.00pm
Thursday	7.30am - 7.00pm
Friday	7.30am - 7.00pm
Saturday	7.30am - 11.00am



## Chiropractic Care - Numbness and Tingling

Numbness and tingling conditions are conditions that can affect people of all ages. Frequently, numbness or tingling may result from underlying nerve compression of the nerve roots as they exit the spine caused by spinal misalignments – what we as Chiropractors call subluxations. Other causes of numbness and tingling are a ‘pinched’ nerve in other parts of the body or if blood flow is restricted to the affected area for a variety of medical reasons.

The pins and needles feeling we get when our foot falls asleep is the most common type of numbness and tingling. In isolated incidents, such as falling asleep on your arm and waking up to it being numb or tingling, this is normal.

However, if numbness and tingling occur regularly without obvious explanations, or if it happens to last more than a few minutes, it may be a symptom of a serious underlying condition. These conditions can include subluxations, herniated disc, nerve trauma, inflammation, vitamin deficiencies, multiple sclerosis, toxins and much more.

### How Chiropractic Care Can Help Numbness and Tingling:

Chiropractors, by making specific and gentle chiropractic adjustments to the spine, relieve nerve compression caused by a subluxation. Chiropractors may also adjust other joints and bones of the body to relieve nerve pressure in those areas like the elbow and wrist for example. By analysing the spine (and other parts of the body) for subluxations and other abnormalities, they can create a care plan that may eliminate the root cause of numbness and tingling symptoms.

For instance, the Journal of Chiropractic Medicine (2013 Jun; 12(2): 66–73.) describes one case of a woman in her mid-40’s presenting with weakness and numbness in her pinky, ring finger and middle finger of her right arm. An assessment was performed, determining that the woman most likely had a common condition known as “ulnar nerve compression.” After 11 chiropractic adjustments and a regimen of home exercises and improved working posture habits, the woman’s symptoms resolved completely.

By correcting these subluxations through a scheduled care regimen, your Chiropractor may alleviate root causes of numbness and tingling such as nerve compression and provide suggestions on how to avoid them in the future.

If you are currently concerned about chronic numbness or tingling sensations or know someone who is, you can book an appointment for yourself or them so that we can assess whether we can help.



### S-T-R-E-T-C-H Of The Month The Bridge

- Lie on the floor with your knees bent and feet flat on the floor.
- Squeeze your glutes and then push your hips up until there is a straight line through knee and hip to upper body and shoulders remain on the floor.
- Hold for 1 minute



### TOWARDS WELLNESS Take Care of Yourself

Take care of yourself. Be active and eat well – these help maintain a healthy body. Physical and mental health are closely linked; it’s easier to feel good about life if your body feels good. You don’t have to go to the gym to exercise – gardening, vacuuming, dancing and bushwalking all count. Combine physical activity with a balanced diet to nourish your body and mind and keep you feeling good, inside and out.



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