



Neural Tension

Occasionally, the path a nerve takes through the body is narrowed or impinged. This disrupts its normally smooth movement. Typically this occurs as the nerve passes through a muscle or around a bone. Symptoms, such as tingling and numbness, often arise further along the path of the nerve (ex. in the hands or feet). This may cause confusion as your symptoms will be in one area but your treatment is focused on another (ex. your neck) where the problem actually exists.

Treatment will include techniques to decrease the tension in the muscles and increase the mobility of the nerves. These techniques include acupuncture, active release, nerve mobilizations and stretches. Other modalities may be used to decrease pain and irritation.

The therapeutic modalities commonly used include:

Ultrasound: uses sound waves and may be used to decrease scar tissue, increase blood flow, or decrease pain.

Interferential Current: uses electrical current to decrease pain, can also be used to elicit muscle contraction and decrease swelling.

Acupuncture: uses small, solid needles to encourage healing, reduce pain, and improve function of affected areas of the body.

What can you do at home?

Rest: by decreasing your activity you allow your body a chance to heal itself. When you start to feel better it is important to ease back into activities which might be aggravating. Listen to your body - pain means that you have done too much.

Ice: ice decreases the metabolism of your cells so that they do not die despite a decrease in oxygen to the injured area. Ice should be kept on for approximately 15 minutes, several times a day. The injured area should be elevated (above the level of your heart) at the same time. Use a wet towel between the ice and your skin to protect against frostbite. You can use frozen veggies, cold packs, or real ice.