

DO YOU SUFFER FROM NUMBNESS IN THE HANDS?

Numbness of the hands is a common problem. It can occur at any time of the day but is often present at night, in the morning upon waking, or when there is constant pressure on the hand (as in holding the handle bars of a bike), or when the arm is held too long in full elevation above the head.

Numbness indicates that there is a certain tension or compression on one or more nerves going to the arm. This compression can be caused by different factors. The most frequent ones are the following: a bad posture of the upper back or the neck; poor circulation in the arm; an old trauma; a loss of joint flexibility or nerve mobility.

The causes can be different whether you have numbness in one hand, part of a hand or both hands. With the help of a full neurological examination, posture evaluation, specific tests to evaluate your joint and nerve mobility, our physiotherapists will be able to diagnose the origin of your problem and will be able to treat you accordingly.

Here are some tips that could help you:

1. Correct your posture by lifting up your sternum and gently stretching the top of your head towards the ceiling to straighten up your upper back.
2. Sit properly by keeping your buttocks all the way back into the chair and placing a small rolled towel in the hollow of your back (at the waistline) to maintain your back's normal curve. Avoid soft couches and always choose to sit in a chair with a back rest. Use armrests to keep your shoulders elevated so that the weight of the arms does not pull on your neck. If the armrests are too low, place cushions under your arms.
3. Exercise daily to keep the mobility of your shoulders and arms:
 - Stretch your arms above your head to maintain the mobility of your shoulders and upper back
 - Bend and straighten your elbows in front of you
 - Bend your wrists up and down
 - Place your palms together, fingers straight; pull your wrists towards you while keeping the hands together

If your numbness persists, do not hesitate to call on a physiotherapist who will perform a full assessment of your condition, will treat you accordingly and will make sure, if need be, that you have a good medical follow-up.