


**BayLife**

Physical Therapy & Rehabilitation, Inc.

NEWSLETTER

Helping You Move Through Life Pain-Free!



WHAT'S CAUSING MY ELBOW & WRIST PAIN

Remember the last time you accidentally slammed your funny bone? That sharp, radiating pain is deeply unpleasant—fortunately, it usually only lasts a few moments. But what happens when that pain lingers? If you're dealing with pain in your elbow, forearm, or wrist, Baylife Physical Therapy is here to help!

Wrist and elbow pain can have several potential causes. Three major nerves run through the arm and can become entrapped, leading to numbness, tingling, and pain. You can also injure the muscles, tendons, or ligaments in the elbow and wrist joints, which can cause mobility restrictions and pain in the impacted area. Our team of physical therapists will help you get to the bottom of your elbow pain—and we'll help you find a way to resolve that pain for good. Call us to schedule an appointment and get started today!

A Closer Look at the Causes of Wrist and Elbow Pain

When you come in for your appointment, the first thing we'll do is carefully review your symptoms and run a few simple movement screens to help pinpoint the cause of your pain.

Overuse injuries are one of the more common causes of wrist and elbow pain. You've probably heard of conditions such as tennis elbow or golfer's elbow—both are examples of overuse injuries. They stem from repetitive movements or awkward postures that strain the joint's soft tissue, leading to a gradual onset of symptoms.

(continued on next page)

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THE CAUSES OF WRIST & ELBOW PAIN

You can also suffer acute injuries, particularly in the wrist. These injuries happen suddenly rather than over time. Wrist sprains, in which the ligaments in the wrist suffer damage, are among the most common. You can also fracture the bones in your wrist and elbow, which will typically require medical intervention.

Nerve disorders are another common source of discomfort in the elbow, forearm, and wrist. They occur when one of the nerves running through the arm becomes entrapped, leading to pain, numbness or tingling, and mobility restrictions. The location of your symptoms can let you know which nerve is affected:

- Carpal tunnel syndrome affects the median nerve and can become trapped in a structure in your wrist (the carpal tunnel). You'll typically experience symptoms in your wrist and hand.
- Cubital tunnel syndrome affects the ulnar nerve, which passes through a narrow structure in your elbow (the cubital tunnel). If the nerve becomes entrapped in the cubital tunnel, it can cause symptoms in your elbow and hand.
- Finally, arthritis can affect your elbows and wrists, leading to pain and restricted range of motion.

What Physical Therapy Can Do to Help Ease Your Wrist and Elbow Pain

Once our therapist has determined the source of your pain, we'll develop a customized treatment program to help you find relief. The good news is that physical therapy alone can resolve most common sources of wrist and elbow pain. Here are a few of the techniques we might incorporate into your program:

- **Manual Therapy:** Manual therapy techniques help reduce pain and restore mobility restrictions. We might guide the joint through its current range of motion, manipulate your soft tissue, or try other techniques.
- **Therapeutic Exercises:** We'll create a targeted, progressive exercise program to ease your symptoms. We'll start with gentle stretches and mobility work, then move on to strengthening exercises to help support and stabilize the impacted joint.
- **Braces and Splints:** Some conditions might benefit from a brace or splint, which temporarily immobilizes the joint as you work on treatment. We'll let you know if



it's a good choice and help you find the right device to suit your needs.

- **Injury Prevention:** We'll let you know what you can do to prevent future injuries. We might show you ergonomic adjustments to reduce the impact of repetitive movements, postural corrections to minimize strain on your wrist or elbow, or other strategies.

Let's Get to the Root of Your Wrist or Elbow Pain!

Pain in the wrist or elbow can seriously impact your quality of life, making it difficult to perform day-to-day movements like brushing your teeth, typing on a computer, or preparing a meal. The team at Baylife Physical Therapy will help you get to the bottom of your pain to find lasting relief. Call us to schedule your initial appointment today!

Sources: https://www.physio-pedia.com/Physiotherapy_Management_of_the_Elbow • <https://www.ncbi.nlm.nih.gov/books/NBK532948> • https://physio-pedia.com/Carpal_Tunnel_Syndrome

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FREE PAIN CONSULTATION



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SCHEDULE TODAY!**

Spots are limited, call today!

Call to schedule.
Expires 02-29-24

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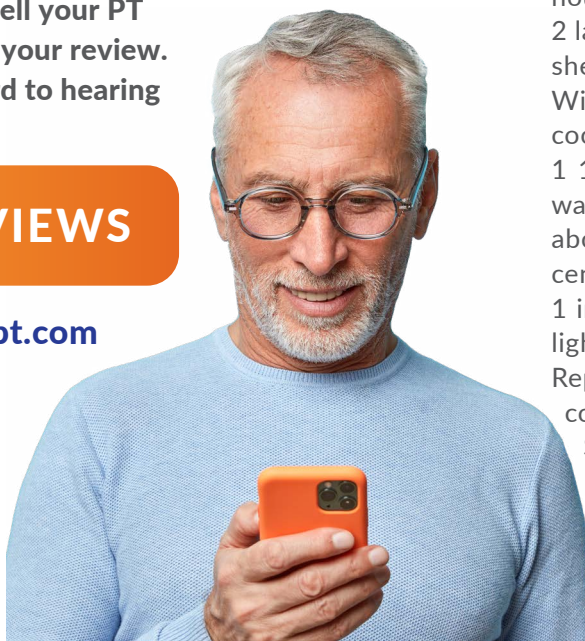
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story and leave your review.
We look forward to hearing
from you!



REVIEWS

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SEASONAL RECIPE

VANILLA SHORTBREAD HEARTS



Ingredients:

- 2 c. all-purpose flour
- 1/4 tsp. salt
- 1 c. unsalted butter
- 3/4 c. confectioners' sugar
- 2 tsp. vanilla extract
- confectioners' sugar, for decoration
- 1/2 c. seedless raspberry jam

Directions:

In a small bowl, combine flour and salt. In a large bowl, with electric mixer on medium-high speed, beat butter and confectioners' sugar until light and fluffy, about 3 minutes. Beat in vanilla. On low speed, beat in flour mixture just until blended. Shape dough into 2 disks; wrap in plastic wrap and refrigerate until firm, at least 2 hours or overnight. Preheat oven to 300 degrees F. Line 2 large cookie sheets with parchment paper. Between 2 sheets of floured wax paper, roll 1 disk 1/8-inch thick. With floured 3-inch heart-shape cookie cutter, cut out cookies. Cut out centers of half cookies with floured 1 1/2-inch heart-shape cookie cutter. Slide cookies on wax paper to another large cookie sheet and refrigerate about 15 minutes, or until firm. Remove heart-shape centers from cookies; place cookies on prepared sheets, 1 inch apart. Bake 13 to 15 minutes, or until edges are lightly golden. Cool on parchment paper on wire racks. Repeat with remaining dough, re-rolling scraps. Sift confectioners' sugar over cookies with cut-out centers. Spread 1 teaspoon jam on each plain cookie; top with remaining cookies to form sandwiches.

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