

# See How Easily 3 Exercises Can Reduce Numbness and Tingling in Your Extremities

Many of us sit in compromising positions every day. Whether it is at a desk, in front of the television, or even in our sleep, we find ourselves doing the same things repetitively. Rarely do we think about the consequences of poor posture until something strange happens. A slight numb feeling is noticed in our thumb or pinky finger. Most think nothing of it unless it spreads to the other fingers or even the hand. The first time it may last for 5 minutes, but it eventually grows to half an hour or all day. These symptoms are usually referred to as peripheral neuropathy (PN).

Peripheral Neuropathy (PN) is a term that describes the disorder of your peripheral nervous system. Your peripheral nervous system contains nerves in your arms, legs, face, and trunk.

Neuropathies can be classified into two categories, one nerve (mononeuropathy) or several nerves (polyneuropathy). When damaged, your nerves cannot communicate properly; this miscommunication can result in pain, tingling, burning, numbness, or even weakness.

**Does this sound like you...** each day you experience numbness or tingling in your hands. It keeps you from doing your job at the computer or maybe keeps you up at night. 3 easy exercises can help you reduce or even eliminate this frustrating condition.

## **Exercise # 1 – Wrist Extensions**

Wrist Extensions – Most people use their forearm in daily activities. Overtime tightness in the muscle grows and changes how the bones, muscles, and even the nerves function. To do this exercise, you will need a small lightweight, soup can or something similar and hold your wrist straight out. This should be the starting and ending position (neutral). From this position, extend your wrist (up and towards you), and then back down to neutral. If you do these, three sets of 10, twice a day, it can help strengthen the supporting muscles of your wrist and help reduce your symptoms.

## **Exercise # 2 – External Rotators**

External Rotators (Shoulder) – Everyone has felt those trigger points in their upper back. This is usually a consequence of our shoulders turning in. When one's shoulders turn in, it can lead to compression and compromise of a nerve bundle that course through the area. It can result in numbness and/or tingling in the hands or even the entire arm.

For this exercise, take the same weight as exercise #1, have your arm by your side, and bend at the elbow to 90 degrees. This is the starting and ending position (neutral) for the exercise. You will then rotate your arm out, keeping your elbow by your side and bring it back. Do three sets of 10 repetitions, twice a day. By increasing the function of your shoulder stabilizers, this can also help prevent other conditions from occurring.

## **Exercise # 3 – Neck Raises**

Neck Raises – Most people have what is known as forward head posture. This can occur with repetitive activities that allow one's head to gradually fatigue and move forward. The supporting musculature begins to lengthen and lose their integrity. The most common postures are, sitting at

a computer, sitting on a couch, or even sleeping in a rolled up position. Having your head forward can cause compression of the nerves in the neck leading to numbness and tingling.

To do this exercise, simply lay on your bed, on your stomach. Raise your head and look at the wall in front of you. Some refer to this as the “superman” exercise. Do three sets of 10 repetitions, twice a day. This will help reduce the strain you place on your body and even your nerves. It can also help strengthen and restore the integrity of your spinal muscles.

These simple exercises can help reduce, eliminate, the frustrating symptoms of numbness and tingling in your hands or even feet. If you find pain in your wrist, shoulders, or neck, seek a qualified health care professional to have this further evaluated.

There are several reasons why people have numbness and tingling. Even though exercises may help, it is important to understand the root cause and have that corrected by a qualified practitioner.