

Being Well with Armory Massage Therapy

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Member, Associated Bodywork & Massage Professionals

Carpal Tunnel Syndrome

Bodywork Treatment Proves Successful

Cathy Ulrich

It started as a vague feeling of numbness in her thumb and first two fingers, then progressed slowly to a definite tingling that woke her several nights a week. "It's not so bad on weekends when I have a chance to rest my arms, but it's now getting in the way of things I like to do at home," says Marie, who spends long hours during the work week typing at her computer keyboard. "I love to knit and cook, and I've had to curb these activities, as well."

Diagnosed with carpal tunnel syndrome, Marie displayed the classic symptoms: soreness in her forearms, pain in her hands at the end of a long day at the computer, and a feeling of tightness that had spread from hands and wrists all the

the same way many times a day over a long period of time, she has literally worn out the tissues involved in that motion. This type of injury -- called a repetitive strain injury, or RSI -- creates tiny tears in the fibers of the soft tissues of the body. While they don't immediately cause loss of function, these micro-tears set up conditions for chronic inflammation that will eventually manifest as pain, soreness, tightness, tingling, and burning.

CTS

The hand and wrist combination work together as an amazing, mechanical anatomical wonder. Imagine a set of ropes and pulleys that travel from the

"Happiness is in itself a kind of gratitude."

-Joseph W. Krutch



Working at a computer keyboard for long hours each day can bring on carpal tunnel syndrome.

way to her elbows. And recently, she'd been getting headaches.

Marie has a couple of different options for treating the problem. "My doctor tells me he can operate, but the surgery isn't always successful," she says. "He recommends I try bodywork first."

Because Marie does the same motion in

elbow through the wrist to the finger tips. The muscles reside in the forearm, moving the fingers via long tendons that run through channels in the wrist. The nerves that send and receive sensory and motor information from the brain run alongside the tendons through these same channels.

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Office Hours and Contact

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Hours by Appointment Monday-Saturday

Walk ins welcome with availability

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When bending or straightening a finger, these tendons slide back and forth, just like cables. When continually working at a keyboard and using the same motion in the same position thousands of times a day -- like millions of Americans do -- the cables begin to wear. And just like threads in a rope, some of the collagen fibers will tear. This process progresses until enough fibers are torn that the body develops inflammation in the tendons and sheaths. Swelling ensues, which pinches the nerves, producing the classic symptoms of tingling, swelling, and even loss of grip strength.

The Bigger Picture

The symptoms of carpal tunnel syndrome may reveal an even bigger problem. The nerves that carry sensory and motor information to the hand arise from the spinal cord in the neck, travel under the collar bone, through the armpit and elbow, all the way to the wrist. A nerve can become entrapped at the neck, shoulder, elbow, or wrist, and an impingement in any of these places can have a cumulative effect on the tingling felt in the hands. These entrapments are usually caused by poor postural habits. The soft tissues become shortened around habitual positions of rounded shoulders and forward head from working long hours at the computer and the channels where the nerves travel through the shoulders and arms can close down. Sound familiar?

Can Bodywork Help?

A recent study conducted at The Touch Research Institute at the University of Miami School of Medicine looked at the efficacy of bodywork in treating carpal tunnel syndrome. Researchers found that after the completion of four massage sessions, the participants experienced an improvement in grip strength and a decrease in pain, anxiety, and depression. Participants also showed improvement in specific medical tests used to diagnose carpal tunnel syndrome.

This landmark study verifies what bodyworkers have observed clinically for years: Massage -- and especially deep tissue techniques, such as neuromuscular therapy, Rolfing, and Hellerwork -- can reorganize the connective tissue fibers, break up scar tissue, and reduce or eliminate the cause

of inflammation. Soft tissue work helps realign these tiny fibers of the tendons and sheaths, and the body can then heal itself -- and ease or even eliminate carpal tunnel syndrome.

Bodywork to the entire arm, shoulder, and neck will also free soft tissues where hidden tightness can contribute to the problem. Soft tissue inflammation can travel through the continuous connective tissue framework from fingertips to head and even cause headaches -- as was the case with Marie. Massage can restore these tissues to normal function.

Other Considerations

In addition to bodywork, it's important to evaluate postural habits, work station positioning, and movement patterns. When workers become so focused on their work that they forget their bodies, they tend to maintain positions that

contribute to the cause. It's important to identify several ways and several positions to accomplish the same thing. Moving the mouse from one side to the other, even during the same day, can help prevent fatigue and tissue failure. Wrist rests and keyboard trays are important, and a regular stretching routine is essential.

Finally, along with exercise and good nutrition, include bodywork as part of your regular health maintenance program. Regular massage reduces connective tissue inflammation and prevents scar tissue from forming. Movement education, such as the Alexander Technique, Feldenkrais Method, structural integration, and Trager Approach can help correct postural issues that also contribute to the problem. Bodywork is a treatment of choice to keep carpal tunnel syndrome from slowing you down.



Massage and bodywork can help mitigate the symptoms of repetitive stress injuries, like CTS.

Cultivating a Gardening Habit

Discover the Health Benefits of Yard Work

Feeling the need to exercise, clean up your diet, meditate? Want to be more creative, get out and meet people, enjoy the outdoors, and slow down? There's one activity in which you can accomplish all of these objectives: gardening.

ENCOURAGING EXERCISE

Studies show that vigorous digging burns 500 calories an hour, weeding burns 210 calories, and mowing the lawn burns 400 calories. As a moderate exercise, gardening has been found to decrease the risk of heart disease and diabetes, and a study at the University of Arkansas found that gardening was almost as effective as weight lifting in reducing the risk for osteoporosis in women. So instead of taking that indoor aerobics class this summer, try mowing the lawn or planting an herb garden.

As with any exercise regimen, the key is to start at a comfortable pace and gradually work your way up to longer, more difficult activities. Your heart rate should be about the same as when you take a brisk walk.

IMPROVING YOUR DIET

Gardening will also likely help you eat better. Research shows that people who grow gardens eat more vegetables and fruits than those who don't. Growing fresh herbs, even in a container on the deck or balcony, is another great way to add flavor and freshness to home-cooked meals and an incentive to try new recipes.

BOOSTING YOUR SOCIAL LIFE

Gardening can also be quite social. Whether at a garden club, a community garden, or an online forum, people love to share ideas, solve common problems, and connect through mutual interests.

EASING STRESS

And finally, gardening is a great way to manage stress. Spending time outside and tuning in to the rhythms of nature, we're reminded to be patient, slow down, and breathe the fresh air. Whether growing flowers, vegetables, or herbs, a garden reminds us of our connection to life and the abundance that nature so freely gives.



Gardening burns calories and improves diet.

Tips for an Even Complexion

Diminishing Freckles and Age Spots

While freckles tend to develop in people with fair skin, red or blonde hair, and blue or green eyes, age spots happen later in life regardless of skin type. But both are caused by an accumulation of melanin in the skin, the pigment that makes us tan. Both will also likely darken in the summer with sun exposure and fade in the winter months.

A PREVENTION PLAN

The best way to avoid these unsightly spots is with a prevention plan. Use a sunscreen with at least a sun protection factor (SPF) of at least 15 as a part of your daily skin care regimen, and wear protective clothing when outside. Age spots will concentrate on the backs of the hands, so be sure to apply sunscreen there, as well as your face.

When you do notice freckles or age spots gaining ground, the following options may be beneficial.

LIGHTEN NATURALLY

Lemon juice is a natural lightener. Used twice a day, it will help fade age spots and freckles. Apply fresh lemon juice to skin with a cotton ball and allow it to dry before applying sunscreen and makeup.

EXFOLIATE

Human skin constantly sloughs old dead cells as new ones are produced. With aging, the skin tends to lose some of its ability to eliminate these skin cells. Alpha hydroxy acid (AHA) loosens the glue that holds old skin cells in place. When used regularly, AHA helps eliminate old cells and excess melanin.

Many skin care products contain AHAs, but they can also be found in fruits and milk. Apply a mask of sour milk and allow it to dry before rinsing, or, for a more aromatic option, make a fruit mask of pureed ripe papaya. This fruit contains papain, an enzyme that helps dissolve dead skin cells.

SUPPLEMENT WITH C

Taking a vitamin C supplement helps reduce skin's sensitivity to the sun and can prevent melanin buildup.

TALK TO A SKIN CARE PROFESSIONAL

Estheticians can provide products and treatments to help reduce or eliminate skin spots. Discuss your spots with a skin care professional to determine the best options for you.

*"Our greatness
lies not so much
in being able to
remake the
world as being
able to remake
ourselves."*

-~Gandhi

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