

## CARING FOR YOUR WRIST

*(This article by Dr. Masarsky originally appeared in the military news outlet Stars and Stripes. It is reproduced here with that publication's kind permission.)*



The human hand is uniquely designed to combine power with precision. The animal kingdom has nothing nearly as good for wielding weapons, handling tools, playing musical instruments, or creating art.

The star of the show in this design is the wrist. The intricate arrangement of the eight bones of the wrist (carpal bones) along with the associated ligaments, tendons, muscles, and nerves make the feats of the human hand possible.

When you look at the palm of your hand, you can notice that it is not completely flat. It has a slightly curved surface that begins at the wrist. This is because the wrist bones (carpals) form an arch, with a broad ligament creating a floor (or a ceiling, depending on which way you are holding your hand). This results in a tunnel – the carpal tunnel. This tunnel is a passageway for tendons, blood vessels, and nerves.

As well-designed as the wrist is, we often ask too much of it. The intense personal peril of hand-to-hand combat is different from the high stakes tension of the military drone pilot

remotely controlling his or her vehicle. As different as these situations are, they can both lead to wear and tear on the muscles and tendons (strain), injury to the joints and ligaments (sprain), and crowding of the nerves passing through the carpal tunnel and other regions of the wrist.

The same is true of many activities shared by the military and civilian worlds. A slip-and-fall injury on an outstretched hand, an awkward lift of heavy gear, long periods of woodworking, mousing, typing, and writing are just a few examples of how we place excessive demands on the wrist.

### ***Self-Care: Reduce Over-Use and Compression***

Frequent breaks when doing wrist-intensive work is wise. Supporting the wrists with elastic braces can help as well. As every boxer knows, taping the wrists before subjecting them to fast, heavy impact is mandatory.

Some people push off with their hands to rise from a sitting to a standing position. This compresses your wrists. If you have a lower body injury, pushing off with your hands may be unavoidable, but if it is a habit, change your action to use your leg muscles as much as possible.

### ***Self-Care: Strengthen and Decompress***

If compressing your wrists is harmful, decompressing them while strengthening them is helpful. One way of achieving this is to stand or sit while holding a weight in each hand. These can be quite light at first. In fact, if you have been recently injured or if you are badly deconditioned, start with a pair of one-pound bags of beans.

Hold the weights with your arms at your sides, using a strong enough grip to prevent them from slipping out of your hands, but not much stronger than that. Curl your wrists toward your palm, then towards the back of your hand, then towards your thumb, then towards your little finger. That's one repetition. When a 20-rep session feels too easy, increase the weight.

### ***Free the Joints to Free the Nerves***

When wrist bones are stuck in misalignment, a chiropractic adjustment can often help free their motion. This is very helpful for the wrist's "machinery". In addition this machinery,

doctors of chiropractic are concerned with the nerves from the cervical spine and upper back that supply the wrist – the “circuitry”. Adjustments to these areas of the spine as well as the shoulder and elbow may be necessary to reduce irritation to the nerves serving the complex machinery of the wrist. The importance of this multi-pronged approach has been long recognized and is discussed in several research papers.

**Sources Consulted for this Article:**

Taylor D. Management of Carpal Tunnel Syndrome with Conservative Multimodal Therapy: a prospective case series of outcomes with concurrent wrist and cervical manipulation. *J Clin Chiropr.* 2019;2(1):123-130.

Valente R, Gibson H. Chiropractic manipulation in carpal tunnel syndrome. *J Manipulative Physiol Ther.* 1994 May;17(4):246-9.

Mariano KA, McDougle MA, Tanksley GW. Double crush syndrome: chiropractic care of an entrapment neuropathy. *J Manipulative Physiol Ther.* 1991 May;14(4):262-5.

**WHY YES, IT IS A GREAT PHONE BOOTH!**

And we’d like to thank those of you who utilize it to make or receive calls while waiting to be adjusted. We’re talking about the hallway outside the office door. It even has seating! You get extra points for moving a few feet from the office door and windows as that muffles your animated conversation even more for anyone else in the office. The migraineurs love you for doing so, and it helps us speak on the office phone and work on paperwork much more easily. Points are also awarded for muting your phone in the reception area and adjusting rooms. That way, no one knows how much you paid for the boat, who you aren’t getting along with (and why) or just how disturbed you are by the cost of theater tickets. It also helps us keep on track with the schedule.

Every now and then, there is a family emergency you are handling or an anxious client you don’t want to lose. These are exceptions and of course, we’ll work with you on them.

**NO TEXTING? REALLY?**

Every now and again someone says “But I texted you and never heard back” That’s probably because the office phone is a landline! Ergo, we never got that text. If time is of the essence, the best way to reach us is by phone, during business hours. We also check the phone at least once a day when we are closed. If we are out of town, we will either check or leave you another number. In case of an emergency (blood or terror), please call the ER. Then leave a message or have someone do so for you and we’ll catch up with you.

Less immediate, but sometimes more efficient, would be to leave us an email at [viennachiropractic@verizon.net](mailto:viennachiropractic@verizon.net).

## **VETERANS DAY**



***Please remember our Veterans on November 11 and every day!***

## **AFFORDABLE CARE**

In an effort to make chiropractic care affordable to everyone, we offer multipacks and Chiropractic Independence Days. Ask about these programs.

## **COMMUNITY OUTREACH CLASSES**

As part of our commitment to community education, we offer a series of courses on Tuesdays, 10:00-11:00 am at the Vienna Community Center, 120 Cherry Street, Vienna. There is no charge. To register, visit the front desk at the Vienna Community Center. To register online, establish an account at <http://www.viennava.gov/webtrac>. For questions about the registration process, call the Vienna Community Center at 703-255-6360. Upcoming:

<i>Building a Better Neck</i>	Sep 16
<i>Tongue-Throat Exercises for Better Sleep</i>	Oct 21
<i>Breathing Exercises for Better Brain Function</i>	Nov18
<i>Building Better Knees</i>	Dec 16

# CALENDAR

<b>Sep</b> <b>1</b> Labor Day; Office Closed <b>13,27</b> Saturdays Open <b>15</b> Chiropractic Independence Day <b>22</b> Dr. T Out for PM: Rosh Hashana	<b>Dec</b> <b>6,20</b> Saturdays Open <b>15</b> Chiro Independence Day <b>24</b> Closed starting 1:00 pm: Winter Holidays <b>29</b> “Holiday Catch-Up Day”
<b>Oct</b> <b>1</b> Office Closes at 4:00, Yom Kippur <b>11,27</b> Saturdays Open <b>20</b> Chiropractic Independence Day	<b>Jan</b> <b>2</b> Office Re-Opens <b>3,17</b> Saturdays Open <b>19</b> Chiropractic Independence Day
<b>Nov</b> <b>8,22</b> Saturdays Open <b>11</b> Veterans Day: <i>Appreciate!</i> <b>17</b> Chiropractic Independence Day <b>27</b> Thanksgiving: Closed until 12/1	<b><u>STANDARD HOURS OF OPERATION</u></b>  <b>M-W-F:</b> 10:00-1:00 & 3:00-6:00 <b>Sat:</b> 9:00-noon (selected Saturdays) <b>Tue/Thu/Sun:</b> Emergencies Only

## IT OCCURS TO US.....

Even though when you get this newsletter, the leaves will probably not even have started to change, it runs up to the new year. So, in the interest of peace on earth for us all, a little music to hum into the winter holidays and beyond may we present:

<https://www.youtube.com/watch?v=-W-hH1r7n5k>