

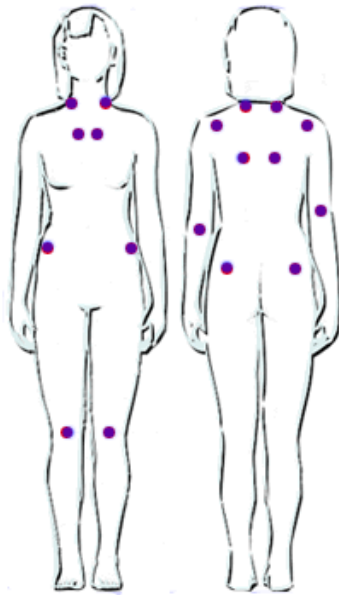


# Common Complaints/ Syndromes

Issue 3

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## Fibromyalgia



Common Fibromyalgia Pain Points

Fibromyalgia is a disorder that has created much confusion in the health care field. According to the American College of Rheumatology, the incidence of fibromyalgia is estimated between 3 and 6 million people in the US with women being affected primarily. A correct diagnosis can take up to four years due to the widespread symptoms of the disorder. These include pain in all 4 quadrants of the body for a minimum of 3 months and tenderness or pain in at least 11 tender points of the body. (see diagram) Other common symptoms include:

fatigue, sleep disorders, headaches, dizziness, memory impairment, muscle pain, jaw pain, morning stiffness, menstrual pain, irritable bowels, numbness and tingling, and skin sensitivities.

Traditional medical treatment of fibromyalgia includes prescriptions of prednisone, anti-inflammatories, antidepressants, sleep medications, and muscle relaxers. These medications are designed to temporarily relieve the symptoms associated with fibromyalgia, however they do produce side effects and may not

relieve the discomfort. A more natural approach may include: magnesium supplementation, diet changes to increase omega-3 fatty acids, limiting caffeine intake, increased sleep, stress management, stretching and relaxing exercises, and chiropractic care including adjustments, soft tissue therapy, electrical stimulation therapy, and acupuncture. While the true cause is unknown, it is accepted that fibromyalgia affects the muscles, soft tissues and nerves—the exact structures of the body that is benefited the most by chiropractic care.



Another cute kitten from [www.cutelittlekittens.com](http://www.cutelittlekittens.com)

## Tennis Elbow / Golfer's Elbow

Tennis elbow (lateral epicondylitis) is an inflammation of the common extensor tendon on the outside of the elbow. Golfer's elbow (medial epicondylitis) affects the tendon of the flexor pronator muscles on the inside of the elbow. The inflammation affects all of the structures of this area, including the tendons, muscles, ligaments, and the bones of the elbow joint.

These two conditions are caused by repetitive motions that combine gripping an object and then swinging the arm. You do not have to play tennis or golf in order to experience these conditions.

The symptoms include pain at the elbow, and at times, weakness of the grip strength of the affected arm. Treatment includes resting the arm,

using ice to help reduce the swelling, having the joint checked and adjusted by a chiropractor, and using a strap on the forearm to rest the muscles.

Tennis or Golfer's elbow can be quite painful, however Dr. Howard has worked with many people with these conditions and has had great success with pain relief and rehabilitation of the joint.

### On the other side:

Carpal Tunnel Syndrome

Sciatica

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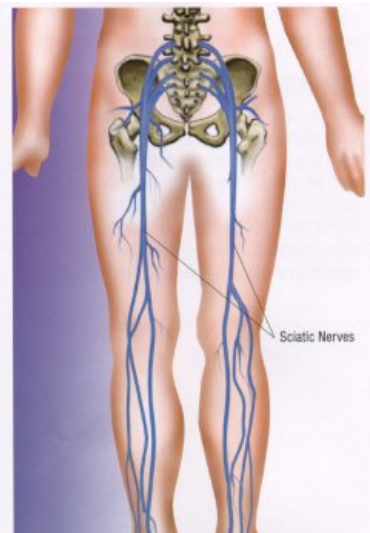


LifeArts

Website:  
Lifearts.8k.com

**Hours: Monday: 7:30-4:00**  
**Tuesday: 8:00-6:00**  
**Wednesday: 9:00-3:00**  
**Thursday: 8:00-6:00**  
**Friday: 9:00-5:00**  
**Closed from 11:00-12:00 for lunch**

*Please feel free to copy, share, duplicate, etc. The more people you share this information with, the better. If you have questions or want to see a topic or concern addressed in future newsletters, please contact Dr. Howard and she will be happy to provide information for you. Most likely, if you have a question or concern, others do too.*



## Carpal Tunnel Syndrome

According to the American Academy of Orthopedic surgeons, carpal tunnel syndrome (CTS) affects approximately 10% of the population. Women are more effected by CTS than men. In 2002, the US Department of Labor released statistics stating the injuries caused by repetitive motions accounted for the most missed days of work.

CTS is compression of the median nerve in the carpal tunnel usually caused by repetitive motions such as in assembly-line work, sewing, fishing, cleaning, etc.

Symptoms: CTS can cause symptoms to the tissues of the wrist and hand that include pain, weakness, numbness, burning, tingling, and itching. Usually the thumb, index and middle fingers are the most common areas affected due to the distribution of the median nerve. Some people state that their symptoms are worse at night. This may be due to sleeping with clenched fists which results in increasing the compression of the median nerve.  
Causes: Injury to the wrist that causes swelling is a main cause of CTS. Some people are simply

born with smaller carpal tunnels, therefore they are more prone to compression. Other causes include metabolic disorders, arthritis, fluid retention, and repeated use of vibrating hand tools.

Treatment: Initially, treatment should include resting the wrist, immobilizing the joint, and using ice to reduce the swelling. Chiropractic adjustments to the wrist and hand and doing stretching exercises can also provide significant relief. Additionally, acupuncture has been found to provide significant relief.

## Sciatica

Sciatica is severe pain in the leg from compression, irritation, or inflammation of the sciatic nerve. The sciatic nerve is not one large nerve, it is actually 5 nerves that join together and travel down the leg. These nerves originate in the spinal column.

Symptoms: Pain is the most common symptom, however different types of pain can be experienced. The pain can be constant or it can come and go. It may be a dull ache or a sharp "shooting pain." The pain may travel down one or both legs and may even reach to the foot. Some people experience more pain

with sitting, turning, bending, walking or standing up.

Causes: The sciatic nerve can become irritated by several factors in different locations along the distribution of the nerve. Subluxations (misalignments) of the low back can cause sciatica. Disc herniations, arthritis, diabetes, tumors, severe constipation, and vitamin deficiencies can contribute to sciatic nerve irritation. Sciatica may be from one major accident, however it can also occur after many years of cumulative damage from bad posture, poor muscle tone, and excess weight.

Treatment: Medical approaches to sciatica include pain medicine, muscle relaxers, and anti-inflammatory drugs. Physical therapy may be ordered. If these treatments fail, surgery may be attempted. Chiropractic treatment involves determining the cause of the nerve irritation and working to remove that cause. Chiropractic adjustments can provide significant relief from the symptoms of sciatica. Dr. Howard will also work with you to develop a plan to help prevent the symptoms from returning. This may be through exercises, stretches, or dietary changes.