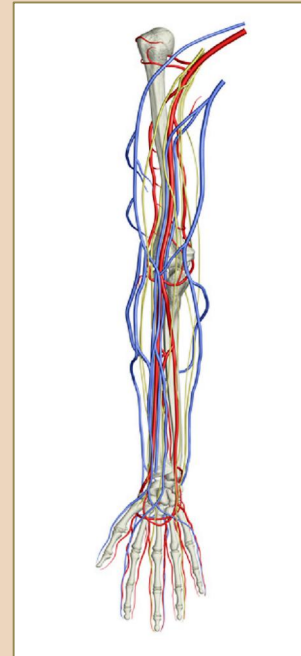


“Double Crush Syndrome”

A cause for Shoulder, Arm and Hand Pain

Double Crush Syndrome is a presentation caused by compression of nerves, lymph vessels and blood vessels by fascia and muscles anywhere from the neck down to the fingers. There is compression of the bones of the arm, wrist or hand resulting in altered biomechanics of these joints and bruising of the bones. As the compression of these soft tissues progress, an increase and variety of symptoms start to occur. It can often feel like there is plastic wrap wound tightly around the arm.

The locations that are most vulnerable to compression are the vertebrae of the neck, collarbone, shoulder blade, armpit, elbow, forearm and wrist. With this kind of syndrome there are usually 2 places that are compressed together resulting in pain, altered sensation and reduced function.



- **Do you experience pain or fatigue in your shoulders?**
- **Difficulty holding your arms over your head without them feeling heavy or weak?**
- **Do your forearms hurt or feel like they have a tight band around them?**
- **Are your hands cold? Are the blood vessels looking more pronounced in your forearms or hands?**
- **Do any of the joints from your shoulders down to your fingers crack, pop or grind? Do your fingers swell, feel numb or tingle?**
- **Does the pulse in your wrists feel the same, weaker or more faint in one wrist?**
- **Do your finger nails look pale? Is your ability to write more effortful?**

The professions that are most at risk for this syndrome are those where repetitive motions are a common feature of the job description. Those working in the trades: Carpentry, Electricians, Painters, Hairdressing, etc.

Those whose occupation requires use of the computer (keyboard or mouse) are also at risk. Many of these professions and others like it often require fine motor control actions which are repeated 100's to 1000's of times per day. This repetition creates tension/compression patterns which impair blood flow and nerve conduction. This can lead to back up pressures in the normal flow of blood to the arm and hand. This compromises nutritional flow and toxin removal.

What can you do?

- ☒ Check your work station be sure that it allows you optimal posture.
- ☒ Strengthen the muscles between your shoulder blades.
- ☒ Stretch the muscles of your chest, arms and wrist (every day)

If you find that after doing these exercises faithfully for 3 weeks you are still experiencing the above mentioned symptoms seek help from a rehabilitative therapist who specializes in release of muscles, nerves and blood vessels and can address the bone bruises and torsion patterns.

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