

Appeared in La Quinta Life Magazine, October 2013 issue

## What is My Body Trying to Tell Me?

*Numbness and Tingling in Hands and Feet, Continued...*

Numbness and tingling, the abnormal sensations that often occur in your arms, hands, fingers, legs, feet and toes, can be signs of a variety of conditions, from insect bites to spinal cord injuries to neuropathy. When the "pins and needles" effect is temporary, the cause is usually very simple. But what if the pain is severe, and chronic. How do you know what your body is trying to tell you?

Chronic pain, numbness, tingling or weakness in your arms, hands, legs and feet can be symptoms of back injury, particularly, damage to the spinal discs. Spinal discs are the rubbery pads located between each of the vertebrae that make up your spinal column. When pinched or compressed, the outer border of a disc becomes weak, causing the inner disc gel to bulge outward, and press onto neighboring nerves. This pressure on nerves that communicate between the brain and various parts of the body can cause a range of abnormal reactions, from mild to very severe. This pain is a warning signal that you should heed. If you take appropriate action, the problem can be corrected.

The most obvious cause of spinal disc injury is physical trauma, such as a fall or car accident, or even lifting something incorrectly, but there are many other, less obvious causes. Repetitive straining of the spine, poor muscle tone, poor posture, and obesity can, over time, result in bulging or herniated discs. Regular, moderate exercise allows you to remain flexible longer and helps maintain a normal body weight, both helpful when trying to avoid disc problems. But what do you do when diet and exercise are not enough?

A safe, non-surgical option for treatment of herniated or deteriorated discs is Spinal Decompression Therapy. Spinal Decompression applies distraction forces to the spine, in a precise and graduated manner, offset by cycles of partial relaxation. This technique has shown the ability to gently separate the vertebrae from each other, creating a vacuum inside the targeted discs that induces the retraction of the herniated or bulging material. These cycles also promote the diffusion of water, oxygen, and nutrient-rich fluids, enabling the torn and degenerated disc fibers to begin to heal.

Rappe Chiropractic offers a variety of Ultimate Health and Wellness services, including Spinal Decompression Therapy. For a FREE Consultation call (760) 777-4177 [www.rappechiropractic.com](http://www.rappechiropractic.com)

by Dr. Grey A. Rappe, D.C., owner of Rappe Chiropractic, Inc. in La Quinta, CA