

Conditions We Treat

Elbow Wrist & Hand Pain

Elbow Wrist & Hand Pain Relief

Are you experiencing pain in your hands, wrists, or elbows, making even minor everyday activities difficult? We use our elbows, wrists, and hands for driving, preparing food, dressing and much more. It's crucial to receive treatment for painful conditions as quickly as possible and to limit any further damage. A physical therapist can use a variety of techniques to treat pain in your elbows, hands, and wrists. Contact our office to see how physical therapy can help you reduce or even completely eliminate your pain!

What is Elbow, Wrist, and Hand Pain?

Elbow, hand, or wrist pain can occur when bones are broken, muscles are strained or sprained, and ligaments and tendons are torn or damaged. The pain associated with different conditions may cause intense, throbbing pain or it can be more of an achy or sore sensation. The pain may also come and go at different times, depending on the activity you're engaging in. Whatever type of pain you're experiencing a trained physical therapist can evaluate and treat the causes of your pain.

Causes of Elbow, Wrist, and Hand Pain

There are several causes of elbow, wrist, and hand pain. Whenever bones, muscles, ligaments or tendons in the hands, wrists, or elbows become damaged, you can experience pain. The following are a few specific causes of elbow, wrist, and hand pain.

- **Carpal Tunnel** – Carpal tunnel is a type of hand nerve entrapment. Carpal tunnel causes pressure on the median nerve. Its symptoms can include problems lifting items, a weak grip, and wrist pain that extends up to the elbow. There may also be numbness and a burning sensation throughout your hand.
- **Arthritis and Osteoarthritis** – Different types of arthritic conditions can cause pain in the hands. Osteoarthritis breaks down your cartilage while types of arthritis can affect the lining in the joints. According to the Arthritis Foundation, physical therapy can help you move more effectively.
- **Ganglion Cysts** – Ganglion Cysts are lumps or masses that sometimes occur in the hand. These often appear and disappear on their own and are non-cancerous. They can, however, cause a significant amount of pain.
- **Tennis Elbow** – This condition is normally caused by overuse of the elbow. Tennis elbow occurs when your tendons become inflamed. Any type of elbow pain is often the result of engaging in repetitive tasks or a sports injury. Strains, sprains, arthritis, tendonitis, and dislocation are also causes of elbow pain.
- **Bursitis and Tendonitis** – Bursitis is inflammation that normally occurs between a bone and muscle. It can occur in the elbow as well as other areas in the body. Tendonitis is inflammation in the tendons. The Mayo Clinic states that physical therapy can help strengthen muscles and reduce bursitis pain.

How Physical Therapy Helps Elbow, Wrist, and Hand Pain

Physical therapy can lessen or eliminate pain in your elbows, wrists, and hands. It may even help you avoid surgery. Often, a physical therapist will work in conjunction with your primary care doctor to identify the root cause of your pain. After a full evaluation, a physical therapist will use therapeutic techniques to eliminate the pain. Your physical therapist can create a detailed therapy program that meets your specific needs. This may include manual therapy to improve soft tissue and joint mobility, heat therapy, ice therapy, electrical stimulation. A physical therapist may also give you exercises to complete at home and before you engage in specific activities. Physical therapy can help reduce pain, increase the range of motion, and improve the overall function in your elbows, wrists, and hands.

Whether it's carpal tunnel, tennis elbow, or some other type of hand, wrist, or elbow pain, an experienced physical therapist can help you reduce or completely eliminate your painful condition. Ask us about our Class IV Laser. Physical therapy can help you get back in the game and more easily complete your daily activities.

If you're suffering from elbow, wrist, or hand pain, be sure to **contact** us for a consultation. Our physical therapists are committed to helping you live a pain-free life. Visit us at Healing Hands Physical Therapy 58 Parkland Plaza, Suite 100, Ann Arbor, MI 48103.