



POLISHUK PHYSICAL THERAPY
WELLNESS & FITNESS

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What's Causing My Elbow and Wrist Pain?

February Health & Wellness Newsletter

Remember the last time you accidentally slammed your funny bone? That sharp, radiating pain is deeply unpleasant—fortunately, it usually only lasts a few moments. But what happens when that pain lingers? If you're dealing with pain in your elbow, forearm, or wrist, Polishuk Physical Therapy is here to help!

Wrist and elbow pain can have several potential causes. Three major nerves run through the arm and can become entrapped, leading to numbness, tingling, and pain. You can also injure the muscles, tendons, or ligaments in the elbow and wrist joints, which can cause mobility restrictions and pain in the impacted area.

Our team of physical therapists will help you get to the bottom of your elbow pain—and we'll help you find a way to resolve that pain for good. Call us to schedule an appointment and get started today!

A Closer Look at the Causes of Wrist and Elbow Pain

When you come in for your appointment, the first thing we'll do is carefully review your symptoms and run a few simple movement screens to help pinpoint the cause of your pain.

Overuse injuries are one of the more common causes of wrist and elbow pain. You've probably heard of conditions such as tennis elbow or golfer's elbow—both are examples of overuse injuries. They stem from

repetitive movements or awkward postures that strain the joint's soft tissue, leading to a gradual onset of symptoms.

You can also suffer acute injuries, particularly in the wrist. These injuries happen suddenly rather than over time. Wrist sprains, in which the ligaments in the wrist suffer damage, are among the most common. You can also fracture the bones in your wrist and elbow, which will typically require medical intervention.

Nerve disorders are another common source of discomfort in the elbow, forearm, and wrist. They occur when one of the nerves running through the arm becomes entrapped, leading to pain, numbness or tingling, and mobility restrictions. The location of your symptoms can let you know which nerve is affected:

- **Carpal tunnel syndrome** affects the median nerve and can become trapped in a structure in your wrist (the carpal tunnel). You'll typically experience symptoms in your wrist and hand.
- **Cubital tunnel syndrome** affects the ulnar nerve, which passes through a narrow structure in your elbow (the cubital tunnel). If the nerve becomes entrapped in the cubital tunnel, it can cause symptoms in your elbow and hand.

Finally, arthritis can affect your elbows and wrists, leading to pain and restricted range of motion.

Give us a call at [\(215\) 918-4547](tel:2159184547) or visit www.polishukwellness.com today!



4 Tips to Avoid a Winter Slump

1. Exercise more: Exercise is one of the best ways to improve your mood. It releases endorphins, which are hormones that create a sense of happiness and euphoria. Exercise also releases serotonin, a neurotransmitter that can help with feelings of anxiety, stress, and depression.

If you're not one to brave the cold weather, know that there are plenty of indoor exercises that can give you a great workout, such as yoga or pilates.

2. Socialize more: Spending time with friends and family lifts your mood and improves your mental health and self-esteem. Feelings of depression thrive when someone feels isolated, so it's crucial to surround yourself with a healthy and loving support system.

3. Take care of yourself: Get enough sleep, drink lots of water, eat healthy food and take breaks from work when needed to refresh your mind. Remember that your health is your greatest asset and should be your number one priority at all times.

4. Get a hobby: Now that it's getting colder, you're likely spending a lot more time inside. Now is the perfect time to pick up a hobby! You could learn to play an instrument, practice your drawing or painting skills, learn to sew or embroider, or start an indoor herb garden.

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What Physical Therapy Can Do to Help Ease Your Wrist and Elbow Pain

Once our therapist has determined the source of your pain, we'll develop a customized treatment program to help you find relief. The good news is that physical therapy alone can resolve most common sources of wrist and elbow pain. *Here are a few of the techniques we might incorporate into your program:*

- **Manual Therapy:** Manual therapy techniques help reduce pain and restore mobility restrictions. We might guide the joint through its current range of motion, manipulate your soft tissue, or try other techniques.
- **Therapeutic Exercises:** We'll create a targeted, progressive exercise program to ease your symptoms. We'll start with gentle stretches and mobility work, then move on to strengthening exercises to help support and stabilize the impacted joint.
- **Braces and Splints:** Some conditions might benefit from a brace or splint, which temporarily immobilizes

the joint as you work on treatment. We'll let you know if it's a good choice and help you find the right device to suit your needs.

- **Injury Prevention:** We'll let you know what you can do to prevent future injuries. We might show you ergonomic adjustments to reduce the impact of repetitive movements, postural corrections to minimize strain on your wrist or elbow, or other strategies.

Let's Get to the Root of Your Wrist or Elbow Pain!

Pain in the wrist or elbow can seriously impact your quality of life, making it difficult to perform day-to-day movements like brushing your teeth, typing on a computer, or preparing a meal. The team at Polishuk Physical Therapy will help you get to the bottom of your pain to find lasting relief.

Call us to schedule your initial appointment today!

Call us today at (215) 918-4547 to schedule a free consultation.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/>

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Innovative Therapy: Erchonia® Laser's Impact on Pain and Healing



[Polishuk Physical Therapy](#) is one of the few providers in the area to offer Erchonia® Low Level Laser Therapy. This laser has been getting extraordinary results for our patients. It reduces pain, inflammation, and swelling, and helps to accelerate the healing process, but for the more inquisitive minds, the following will give a little more scientific detail.

The Erchonia® laser is a low level laser therapy device, or cold laser, that was designed to correct and heal soft tissue dysfunction and ailments. It works through the penetration of billions of photons of visible and invisible laser light deep into tissue structures. Cold laser therapy is defined by the North American Association of Laser Therapy (NAALT) as “a therapeutic physical modality, using photons from the visible and infrared spectrum (600nm-1000nm) for tissue healing and pain reduction”.

Laser technology has been used for over 30 years in Europe, Asia, and Canada with great success. Low level laser therapy was made available in the United States after 12 years of study and research. The Erchonia® Laser is FDA approved and can be safely used anywhere on the body.

Tissues naturally contain protein strands called chromophores and cytochromes located in the cell's mitochondria (cell's powerhouse). These proteins have a unique ability to absorb laser light energy and transform it into chemical energy for the cell to use. In that sense, low level laser therapy is similar to photosynthesis in

plants; sunlight is absorbed by the plant and converted into energy the plant can utilize for growth. In the body, light sensitive chromophores and other elements within the cell absorb energy, initiating a series of important photochemical changes such as increased production of nitric oxide, singlet oxygen and ATP, as well as an increase in the cell membrane's permeability. Through the Krebs cycle, the mitochondria produces ATP, providing the cell with the extra energy needed to accelerate the healing process and positively influence pain. Since the following processes occur in all types of cells (muscle, ligament, cartilage, nerves, etc.), a number of wide-ranging conditions can be treated.

When Should Laser Therapy Be Used?

Laser therapy can be used for both acute and chronic conditions, including neck pain, shoulder pain, back pain and sciatica, arthritis, bursitis, disc injuries, TMJ, sports injuries, plantar fasciitis, carpal tunnel syndrome, migraines, soft tissue damage, and MORE!

Before determining your treatment plan, one of our dedicated Ambler, PA [physical therapists](#) will conduct a physical evaluation and assessment of your medical history in order to diagnose your condition and decide which treatment options will best benefit you. Both the type of the laser and its strength will be dependent upon the results of your initial evaluation.

Get Started Today!



Our Location

1024 N. Bethlehem Pike.
Ambler, PA 19002
(215) 918-4547

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