

Nerve Entrapment

Nerves are long noodle-like structures that are tethered from the spinal cord into your muscles. Although these are not as common as a sprain or a strain as discussed above, when a nerve is injured, you may experience numbness or tingling in your extremities. If this happens occasionally and briefly, for example, stretching your elbow and hitting your ulnar nerve causing a tingling, often called, hitting your “funny bone,” there really is nothing to worry about.

If these conditions happen frequently or last for prolonged periods of time, it is important that they be evaluated. Common nerves that are entrapped include the median nerve which can be entrapped on the palmar aspect of your wrist, referred to as carpal tunnel; or as described above, an injury to the ulnar nerve as it transverses the elbow referred to cubital tunnel syndrome.

These conditions often require further evaluation to make sure that you do not have any other medical conditions that could be adding to this problem. Consulting with a therapist or an occupational therapist is often very helpful.