



THE HAND AND THE ARM

The arm is characterized by a big amount of tiny joints, which are part of the wrist, metacarpus and fingers. If these joints are overstrained and the function of individual muscles inserted there – these are mainly forearm muscles - is not adequate, small arthritic changes can be seen there, but even changes of inflammatory character. In the first place, we will properly stretch all the forearm muscles and work them out to make sure they function well. If this is achieved, we can ensure correct function of the nerves, which go through the wrist. They go mainly through the carpal tunnel, where if they do not function well, they are overstrained and the problems of neurological character start. Another important joint is the ulnar joint where there is usually overstrain in the insertion area. It is so called tennis or javelin elbow and it is caused by inflammatory changes of these insertions.