

## Elbow and wrist pain.

Carpal tunnel, golfer's elbow, tennis elbow, etc., are all examples of, so called Repetitive Stress Injuries (RSI). Contrary to what you may have believed before, these problems can be fixed with SLM bodywork and definitely, in most cases, do not need surgery.

Remember, even though you can pinpoint a pain, like golfer's elbow (you can press on an area on the inside of the elbow and it definitely hurts), the cause(s) can be far removed. Here are some of the causes:

- Spasms or blockage of the Triceps affecting the nerve(s) that run down the arm
- Impingement in the neck affecting the same nerve(s)
- Tilted or rotated pelvis which affects the neck and the nerves leading from the neck called the brachial plexus
- Impingement of the nerve(s) path(s) running down the arm
- Spasm in a muscle in the hand
- Shortening of the muscles which run the entire length of the spine (erector spinae muscles)
- Other areas where nerves may be impinged.

Usually there is more than one of the above that contribute to your pain. SLM can address these and stop the pain. Follow-on exercises, if done, regularly, can help you stay pain free.

Next week's pain problem will be calf pain.