

Relief from Thumb Arthritis

The thumb joint, where it connects to the wrist, is one of the most common joints to become arthritic. Where the fingers only bend and move in one single plane of motion, the thumb is extremely versatile and moves in multiple planes.

The thumb joint is known as a saddle joint because its shape is similar to a horse's saddle.

Because there is such a broad range of motion at this "saddle joint", it receives the heaviest workout of all the hand joints.

We use our thumbs to grip and hold most objects, and the thumb is always opposing the four fingers.

With sustained gripping of an object, the thumb tends to become fatigued before the fingers. Over time the joint will lose its healthy alignment where the thumb connects to the wrist.

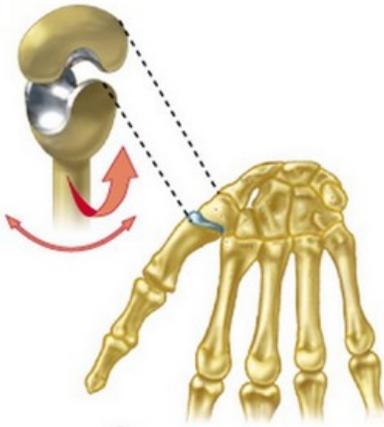
This misalignment will irritate the saddle joint and cause the cartilage surfaces to become worn. This wearing of the cartilage is referred to as degenerative joint disease or osteoarthritis.

When two bones become misaligned relative to each other, the joint at which they connect becomes irritated and inflamed. This process is one of the underlying causes of the degenerative process.

Specific chiropractic adjustments to the small wrist and hand bones will restore healthy alignment and function to the irritated, degenerative joints. In addition to pain relief, patients often experience increased strength, range of motion, and greater ability to grip objects for longer periods of time without pain and fatigue.

Arthritic thumb pain and dysfunction can be helped through chiropractic care.

If you or someone you know is dealing with thumb pain, we recommend a chiropractic evaluation to determine if there is a solution that can provide relief and restore healthy function to their hand.



A Possible Solution for Corns and Calluses

Being a chiropractic clinic that focuses on foot care, we sometimes receive questions on how to improve calluses on the feet. Calluses may develop on the soles of the feet for several reasons, but one of the most common causes involves abnormal pressure and mechanical stress to the skin and soft tissues.

In the simplest words, the foot is comprised of bones which are held together by ligaments. Then there are several layers of muscle and fascia which are designed to support and move the bones and joints of the foot. Finally there are three layers of skin that overlay the muscle and fascia.

The outermost layer of skin is known as the epidermis, which contains keratin. Keratin is a protein found in skin and nails and is the key structural material designed to provide protection and a waterproof barrier.

The epidermis over the sole of the foot can react to abnormal mechanical stress, causing it to become thicker and coarse. This thickening of the skin is the body's mechanism to protect the underlying fascia and muscle from injury. Those thickened layers of skin are referred to as calluses and corns.

Calluses are normally larger than corns and occur on the sole of the foot, whereas corns are generally smaller, more well-defined, and present on the non-weight bearing areas of the foot.

One of the most common causes of corns and calluses includes poorly fitting shoes. Shoes that cause excessive pressure on specific parts of the foot may lead to repeated, mechanical stress. High heels tend to cause excessive pressure over the balls of the feet. Also loosely fitting shoes, or shoes worn untied may lead to abnormal pressure on specific areas of the foot.

When shoes aren't properly fitted to the foot, calluses and corns may develop on those specific, smaller areas that receive undue friction and mechanical stress.

Another cause for abnormal mechanical stress on the epidermis occurs as the result of structural misalignments of the foot bones and joints. Feet with either a high, rigid arch structure, or a flat, hyperpronated foot will often lead to areas of extreme friction and stress on the outer skin layer.

When mechanical foot bone misalignments are present, it may be difficult to find shoes that don't exert any excessive friction and pressure on certain areas.

Common areas of increased pressure include the side of the heel, the ball of the foot and the first or fifth toe. Even with the most properly fitting shoes, some people will find that it's nearly impossible to prevent calluses from developing.

Chiropractic foot adjustments are beneficial in restoring healthier foot alignment and motion. **Patients with chronic calluses and corns may benefit from improved foot structure and mobility, and reduced friction over those affected areas, which will assist the body's natural healing capacity.**

