



Forearm Pain

A layman's approach to resolving *Forearm Pain*

It is always hard to decide what medication to take or exercise / physio treatment to adopt to help alleviate pain but when it gets so bad that you become depressed and helpless you start to look for alternatives to what the doctors are telling you.

This is feedback from one person who nicely sums up how it can help sort your forearm pain and return you to some kind of normality.

"I just wanted to say THANK YOU for your exercises and putting them online! I have had horrible forearm pain for over 6 months. It was getting worse and worse. I could barely do everyday tasks. It was on my right arm too. the one I use! I went to the doctor. He ordered x-rays. normal. He prescribed arthritis medication. I looked it up and it causes stroke and heart attacks! No thanks. It was sooo scary...to think that I would be basically an invalid! Then, I found your exercises. It is now 1 week since I started and I am pain free!!!!!!!!!!!!!! the first day was so hard, but I kept it up. I felt an improvement by the end of the first night, but was too afraid to even think that it might work. the second day, it seemed to get better, but again, I was hesitant to start rejoicing. by the third day, I could deny it no more...the pain was better. each day has been better and better. I was able to make a Thanksgiving feast. Yesterday morning I woke up pain free. There is still some soreness when I stretch out to the side, but besides that my arm feels normal again. I will keep doing the exercises everyday.

You are a GENIUS and a SAINT and THANK YOU THANK YOU!!!!!!!!!!!!!!"

Resolving Forearm Pain brought on by strenuous activities when you're unfit.

Hi, my name is Craig and I am not a Doctor, nurse, chiropractor or any other qualified professional. I was an engineer in my past and I'm currently a manager in a communications company. One of my skills is problem solving, and the more mechanical the problem the better I seem to be able to come up with a fix.

My only claim to being able to help you is I have suffered with **Forearm Pain** which was excruciatingly sore and hugely debilitating, and quite a bit humbling. I am 50 years young when writing this and didn't consider myself fit or unfit, but I did feel I was capable of carrying out strenuous DIY when I needed. It therefore came as a rude awakening to find myself with self inflicted pain that didn't decrease with time but actually increased to the point where I couldn't manage rudimentary tasks like lifting, (any kind of object), turning door handles or even opening a jar. I kept waiting for "time" to heal my wounds, as it usually did, but it soon became evident that it wasn't going to happen without some intervention or medication.

The first and most important assumption I am making is that the human brain is a complex and pretty accurate tool for reporting how your body is functioning. Therefore **PAIN** is for a reason and is directly linked to something you are doing that your brain feels is harming you.

Forearm Pain is therefore happening for a reason, it is getting worse for a reason, your brain is trying, as best it can, to tell you to stop doing something. That is probably the easy bit, your brain is screaming STOP but you don't know what to stop. The trick is getting to the root cause and fixing that and not treating the symptoms.

My symptoms and pain were pretty clear and specific and my "fix" is therefore just as clear and specific.

Common Sense Rule 1:

The exercises I am suggesting here should not cause you pain.

If they do then stop.

I started reading about **Forearm Pain** and the different kinds of root cause. I didn't have joint pain so that ruled out a good few "causes" but I did have pain that ran from my wrist to my elbow and beyond. The prognosis that seemed to fit my symptoms was that I had damaged my **Extensor Digitorum (communis)** by over exerting myself and my body had compensated by fusing the **extensor** area together. I use a computer keyboard nearly every day, and again this matched up with the view that this type of wrist action will continue to adversely affect the damage already inflicted. This supported why it was getting worse rather than better.

This document therefore is specifically aimed at alleviating this type of pain.

- Pain runs from wrist to elbow on upper area
- Making a tight fist accentuates the pain
- Pain centre on lower arm just above the elbow
- No joint pain
- Straightening the arm brings on pain the length of the lower arm
- Raising the hand on an extended arm brings severe pain at base of wrist and along the arm.

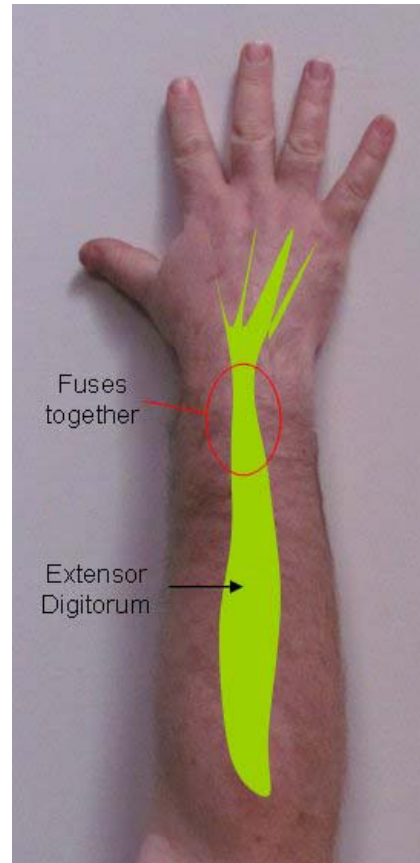
If this is your symptoms then read on...

Once I had identified a description that matched my particular symptoms I then looked for possible root causes and therefore a fix.

I did consider going to my Doctor, **which is what you should do if you haven't already.** Getting drugs for inflammation was not what I wanted and there was a lot of evidence that the right exercise could help.

I don't react well to Ibuprofen and this type of drug seems to treat or mask the symptoms rather than treat the problem itself. So I ruled out that approach as my first port of call. Most of the articles I read concluded that the Flexor and Extensor elements in your arm are common causes of pain when strained beyond their trained limit. (Basically if you stretch correctly and exercise regularly then you shouldn't have this problem. I did neither.)

I also found a number of exercises on the web that seemed to make sense, partly, in how they would address the problem. (I have an annoying habit of questioning everything and establishing how things work). As far as I could figure out the prognosis was that when asking too much of your arms the Extensors can fuse together to gain added strength. This "fusing" is exasperated by repetitive action (such as typing) which relies heavily on the Flexors and free moving Extensors. This causes greater pain and compounds the injury.



This matched my symptoms exactly as I found typing a great strain for the first time in 15 years. **Something wasn't right.**

My simplistic engineers view was that if things had "fused" together I had to find a way of "un-fusing" them.

"At this point I have to say that if you can afford a Chiropractor or masseuse then, please, I suggest you get it treated by a professional".

I looked at the problem with an engineer's eye and tried a few exercises to see what reaction I got. The difference was huge on the first day which seemed very strange as many of the websites I had looked at talked about months of exercise with slow progress and lots of rest to let your body recover.

So I continued to develop my own exercises which have given great results and have given me back the arm I once had.

To obtain exercises go to www.weebism.com/forearm_pain.htm or visit lulu.com