

## **Q&A – Numbness in Arms**

### **Ask the Physical Therapist**

By Todd Loehrke, DPT, CMTPT

**Q: I wake up every night with numbness in my arms. What causes this?**

**A:** Burning, numbness, and tingling in your arms can be caused by irritation of the nerves to your arms. This is often due to poor posture, neck muscle tension, or work positions that interrupt the microcirculation to these nerves. Often, after a few hours in bed the blood flow returns and the nerves “wake-up” causing the symptoms that you describe. Your OST physical therapist can teach you how to correct this problem and get your nerves healthy again.

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