

Q&A – Numbness in my Hands

Ask the Physical Therapist

By Todd Loehrke, DPT, CMTPT

Q: My hands go numb with driving, working on my computer, and talking on the phone. I had an EMG and do not have carpal tunnel syndrome. What else could be causing this?

A: This is a common complaint related to irritation of the nerves from your neck to your hands. Start by addressing your resting posture. Hold your shoulders up and back, sit tall, and use a support roll behind your back. Your OST physical therapist can identify additional causes and guide you through a program to eliminate your numbness.

Keywords: numb hands, numbness, hands, carpal tunnel, carpal tunnel syndrome, EMG, nerves, neck, hands, posture, pain,