

## Health Trends

### Avoiding Cell Phone Elbow

(NAPS)—With over half the planet going mobile, could “cell phone elbow” be the latest thing we have to worry about?

Technically known as cubital tunnel syndrome, the condition can be brought on when holding a phone to the ear causes the ulnar nerve behind the elbow to become irritated. Currently, it’s more common among men, with symptoms including aching, numbness and tingling.



**“Cell phone elbow” is becoming increasingly common.**

If any of those sound familiar, a chiropractor can identify the cause and develop a treatment plan for you. But according to the Foundation for Chiropractic Progress, you might avoid the condition altogether by using a headset or hands-free device when talking.

“In today’s world, people are on their phones all day long,” says Gerard W. Clum, D.C., a foundation board member. “So it’s no wonder chiropractors are seeing more and more patients suffering from cubital tunnel syndrome.”

For more information, contact an area chiropractor or visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com).

### Did You Know?

Talking on the phone for lengthy periods of time could cause “pins and needles” in the elbow, aching, numbness and more. To avoid “cell phone elbow,” the Foundation for Chiropractic Progress suggests using a headset or hands-free device. Visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com).

With over half the planet going mobile, could “cell phone elbow” be the latest thing we have to worry about? /// Avoiding Cell Phone Elbow