



*Dr. Justin Trosclair
Presents*

9 Essential Stretches to Reduce Numbness & Tingling in the Arms & Legs

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Doctor of Chiropractic

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What are Neuro-Flossing or Neuro-Glide Stretches?

One thing I will not do in this report is overcomplicate the description and try to impress you with big fancy 'doctor' words. You might even find a typo or two.

If you downloaded this report, I have to assume that you are experiencing numbness or tingling in your arms, legs, hands or feet. Good news- you are not alone. Double good news- people get better all the time from these symptoms. Before I explain what is neuro-flossing (another name is neuro-glides), you should know these stretches are a supplement to a thorough chiropractic evaluation and treatment, not a replacement for them. I am a Doctor of Chiropractic so if I'm in your area, go ahead and call me or find the number at www.drjustintrosclair.com

Basics of how nerves travel in the body and why they can get injured

Numbness and tingling can occur on any part of your arm or leg. Nerves branch out of your spinal cord and pass through holes in your spinal bones. The nerves that come out of the last few neck vertebrae will travel to different parts of your arm. Your thumb and second finger, 3rd finger, and 4-5th finger are supplied by different nerves; this is why you may only feel tingling in two fingers and not the whole hand. The nerves that come out of the last few low back vertebrae travel down your leg and it's the back of your leg and buttock that you normally start to feel the problems. Again, depending on if the side of your calf, back of your leg, and what part of the foot is numb will let the doctor know which nerves are truly the issue. Muscles and ligaments can get injured for all types of reasons: sports, sitting too long, car accidents, etc. When these tissues heal, they are never quite the same. I'm sure you have a scar somewhere on your body, that's proof that the body can heal itself, but it heals with different, less optimal tissue. When an injury is healed or if a muscle is overly tight where the nerves pass, that can be a problem.

Think of the nerves like a rope that have been anchored to the spine and passes down the arm or leg next to muscles and bones. Well, that means the rope has only a certain amount of space to move in and every time your limb moves, that nerve/rope is expected to stretch, glide and shift with no resistance. What happens when a rope is placed between two heavy books and you pull the rope through? You notice a lot of resistance. Can the rope pass through the books, sure, but it takes more effort and over time the rope would get beat up. That is a good way to think about a nerve being trapped by two overly tight muscles.

What happens when a rope is resting on the edge of a metal box with a heavy book on top of it? You encounter the same issue as before but now that rope will become frayed. When a nerve gets frayed from being sandwiched between muscles and bone, this obviously creates pain and numbness but also swelling of the nerve and the tissues around it. Both scenarios are not ideal for a nerve. A nerve likes to move freely and not get hung up by scar tissue, tight muscles or anything else.

What are Adhesions?

You could have arthritis in the spine, overly tight muscles, old injuries that have scar tissue and/ or bulges. Yes, you could have all 4 at the same time. Because of all the different reasons you can have numbness and tingling, it's a good idea to get checked out by the chiropractor. Let's assume you have been checked and after a round of adjustments your pain is mostly gone but the numbness is dragging on nagging you. You could almost go back to your daily life like normal but you still get numbness and shooting pain when you do certain motions specific to your lifestyle and job requirements. It's quite possible that the nerves have formed some pesky connections to muscles and ligaments that shouldn't normally be there. These ill placed connections are called adhesions and they could be the culprit to your numbness and tingling. Let's illustrate with an example: you are watering your flowers and are dragging the hose. Everything is great until you round the corner and the hose brushes up to highly textured bark of a bush. Now when you walk further you notice the hose "catching" and rubbing and you either have to drag it harder and risk tearing it or walk over to the bush and move the hose. We both know the second option is best. The hose "catching" on the bush causing you resistance when you drag the hose, is similar to the nerve "catching" on the adhesions of muscles.

What are Neuro-flossing stretches?

I think you get the point of why you might be experiencing the numbness and tingling in your arms and legs now. You are now ready to do some Self-Guided Stretches called Neuro-Flossing. The next following pages will walk you through specific science based stretches that are clinically shown to break up those adhesions and allow the nerves to move and glide freely again. Do you want that? Would you like those nerves to heal and get back to your normal life. I know you do.

I did my best to explain how to do each stretch and also put a picture or two for each to show you and clear up any confusion that might have existed. When I give these to patients, the explanations are much less detailed because I walked them through each and the picture along with a simple explanation should act as a trigger for them to remember how to do it.

You can do it. If you feel extra pain or a little to much of that "stretch" feeling, please back off. These are NERVE stretches (not muscles), a little stretch goes a long way. Stay pain free with these. DO NOT GET AGGRESSIVE.

* Regardless of which nerves are the issue in the neck, I would do all the neck neuro-flossing stretches.

Low Back and Leg Numbness & Tingling



Start with your face and chest flat on the ground. Then raise your chest so that your back arches and lean your head back with it. Keep the pelvis on the floor. Try to straighten out your arms.

Hold for 15 seconds.

Repeat 3 times.

Do this twice a day, 4 times a week

Stretch for Disc Bulges

Low Back and Leg Numbness & Tingling

Part 1 (left picture)



Hold each position for 5 seconds and repeat 5 times. Do this 2 times a day for 4 days a week.

Part 2 (right picture)



Part 1: Sit with the affected leg slightly elevated off chair and in a bent knee position with the foot pointed down. The head should be looking down at your chest and slump your chest forward.

Part 2: Straighten out the leg and bring the foot pointed toward you. The chest should now be arched backward (or at least straight) and the head tilted backwards.

Neck and Arm and Hand Numbness & Tingling



Do all of these 2 times a day and 4 times a week. Hold each position for 5 seconds and repeat 4 times



1a. Raise the affected arm 90° even with the shoulder. Bend the elbow 45° and point your hand with finger and wrist (loosely) toward your ear. Flex your head away from that hand.

1b. Straighten out your arm with the palm facing up and now point your fingers to the floor. Flex your head toward that hand.



2. Keep the arm straight (don't bend the elbow) and bring the arm backwards with the palm up (like grabbing a baton) and turn your head to look at your hand. Only do one arm at a time.



3. Hands up, arms bent 90°, and raise the elbows half way to all the way even with the top of the shoulders. Pinch the shoulders backward, bringing the shoulder blades together.

Start Here: Top 3 Stretches

Neck and Arm and Hand Numbness & Tingling



Start with both **palms** touching each other with the arms out in front of you. Keep elbows level and bring your **wrists/hands down**. Stop lowering once the palms start to separate on the bottom. Hold it right there for 5 seconds
Repeat 4 times

Do this 2 times a day and 4 times a week.

Regardless of which nerves are the issue in the neck, I would do all the neck neuro-flossing stretches.

Neck and Arm and Hand Numbness & Tingling



5. Tuck and pull your chin backwards. (Similar motion you would make if someone was pretending to hit your face and you pulled back. Also, it should make you have a 'double' chin.) Keep the arm straight (don't bend the elbow) and bring the arm backwards with the palm up (like grabbing a baton). Only do one arm at a time. Hold it for 5 seconds, Repeat 4 times Do this 2 times a day and 4 times a week.



6. Start with the **back of the hands** (near the wrist) are touching each other with the arms out in front of you. Keep elbows level and bring your **wrists/hands up**. Stop raising once the wrists start to separate on the top. Hold it right there for 5 seconds Repeat 4 times

Do this 2 times a day and 4 times a week.

Regardless of which nerves are the issue in the neck, I would do all the neck neuro-flossing stretches.

Neck and Arm and Hand Numbness & Tingling



Do one arm at a time.

Cup your ear with your fingers pointing up and then rotate your hand backwards so the fingers point to the back of your head and the finishing point is when the fingers are like the picture- pointing down. Try and position your wrist to be on top of the ear. This requires some flexibility so at least aim for the temple.

Hold for 10 seconds.

Repeat 3 times.

Do this twice a day, 4 times a week

Regardless of which nerves are the issue in the neck, I would do all the neck neuro-flossing stretches.

Dr. Justin's Other Projects: **AUTHOR**

Today's Choices, Tomorrow's Health: Small steps to improve health, food choices and exercise.

Imagine Having the Blueprints You Need to Make Better Food Choices Now and Instantly Start Dropping Pounds... All While Increasing Your Exercise with Ease, No Guilt and Getting Rid of Your Low Back and Neck Pain.

We all want to be healthy. We all want to avoid nasty diseases which slow us down or even prematurely end our lives, but most of us tend to look for the quick fix. Fad diets, crash exercise courses and all manner of crazy weight loss programs mean that people may feel better in the short term, but are unable to maintain it.

Now, with **Today's Choices, Tomorrow's Health**, there is a book which revolutionizes the way you should be approaching your wellbeing.

Divided into four sections, the book examines the four things which are the keys to good health:

Our overall health

Making sure you exercise

Eating the right foods

Create and stick to a budget

What's Inside? Can you reach your own Weight Loss, Cardio and Weight Lifting goals as well as Financial Success?

Weight Loss/ Food Choices

- Simple Steps to Improve Food Choices
- Will Power is no longer the Driving Force to better choices
- Optimal Calorie Counter Calculator so no more guessing how much to eat
- Carbs, Fats, Protein what is the proper ratio?
- Fact of Fiction: Fake Sweetener Alternatives
- 2 Changes in how I eat that Nearly Guarantees Eating less with Limited Self Control
- Trick yourself to feeling full faster with plate choices
- Lessons learned in China for portion control
- Cut Carbs without my family hating me
- How excess Sugar is causing my pain
- Sugar vs Fat: which hurts are health more

Exercise Blueprints

- 3 easy Step by Step Blueprints to actually Exercise
- Coach Potato or Weekend Warrior: the steps are Semi-Personalized for each individual
- Free Natural Legal testosterone Boost to Maximize my Gym time
- Ab routine I won't quit in 2 days
- 12 exercises with pictures for spine and core strength
- 9 Nerve stretches to stop numbness in your arms or legs
- Bonus exercises for strong shoulders
- 10 minute cardio that's better than doing 30 minutes
- 3 minute stretching concept that won't make me Roll My Eyes in Boredom

Overall Health Reboot

- Pain: does it have any redeeming benefits?
- Have you been brainwashed to distrust alternative medicine?
- Can you body heal itself?
- 3 Intermittent Fasting Guides- you heard about it, now do it
- Why is the nervous system so important anyway
- Speed up recovery from work injuries or post workouts.
- Headache Relief
- Sleep Improvement Hacks

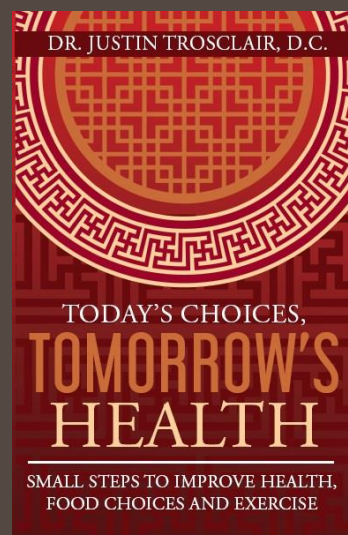
Getting your Finances in Order

- Simple tips to create a budget
- Blueprint detailing how and why to make a budget
- How to become frugal
- Basics for retirement
- Pay your debt down, learn how here

My own 3 Blueprints on how I lost 25 pounds.

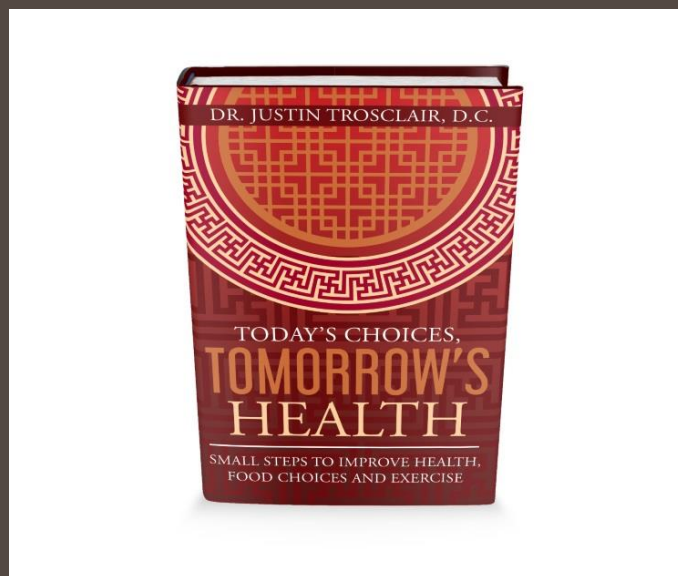
How I mastered my food choices, increased my cardio from less than 5 minutes to the magical 30 minutes, and effective weight lifting strategies that allowed me to **loss 25 pounds** and keep it off.

Buy the book and learn my step by step process. Becoming healthier is a process and one which is best done slowly, to ensure a lasting effect. With **Today for Tomorrow** you have the perfect book to make a start on those life-changing habits.



Below are a Few of the Highlights

Lessons from China	page 52
Blueprints for Cardio	page 80
Food Labels	page 75
Numb Arms/ Legs Stretch for Relief	page 143
Personal Calorie Calculator	page 88
Intermittent Fasting	page 113
Where Am I Overspending	page 187
Retirement Basics	page 220
Nervous System Reboot	page 41
12 Core Strength Exercises	page 135
Interval Training	page 122
Sugar Secrets and Inflammation	page 61
Making a Budget	page 158
Blueprints for Weight Lifting	page 83



I lead you through some basics about health and chiropractic in the first part of the book. I touch briefly about how the nervous system controls all aspects of the body and how chiropractic can affect different areas of your health. Some of the controversial past of medical doctors versus chiropractors and how the nerves can affect organs are touched upon. I don't cite a bunch of research because there are plenty of other books that you can read if you are into a more thorough review. Actually, it was hard for me to not go into a bunch of chapters citing article after article of what chiropractic can treat successfully (even limiting it to low back pain, neck pain and disc bulges) because my passion is reading those types of papers. I have great relationships with other doctors and we treat patients as a team. A few of the early chapters address some of the frequently asked questions by patients, some of my most viewed blog posts and potentially a health concept that is foreign to many.

You then can explore topics about food choices, sugar flaws, intermittent fasting, weight loss and lessons learned in China. I follow that section with my own personal journey with weight loss and learning how to lift weights. I sprinkle tons of tidbits, secrets and hacks throughout the book to help accelerate your health goals as well as encourage you to not give up and find ways to make this process easier.

Learn all about ways to go from a couch potato to doing a 5k, interval training, the best times to exercise, stretches that won't bore you to tears, and plenty of research based exercises to strengthen your core so back pain doesn't stop you for reaching your goals. Learn specific nerve stretches to stop numbness in your arms and legs as well.

I go into detail about calculating how many calories you personally should be eating per day to maximize your metabolism as well as weight loss. We go through the math in a painless fashion and you will even learn how to modify your diet via macronutrients so you can start living healthier now with overall better food choices.

Lastly, one of my passions is talking about budgeting and finances. I offer some advice on how to budget and cut overspending. Why might a doctor write this part of a book? The reason is simple, most people are carrying thousands of dollars in credit card debt and financial health is just not taught in school these days. If I can help you stop stressing about money then that stress will be less on your physical health too. Let's take care of all aspects of our life.

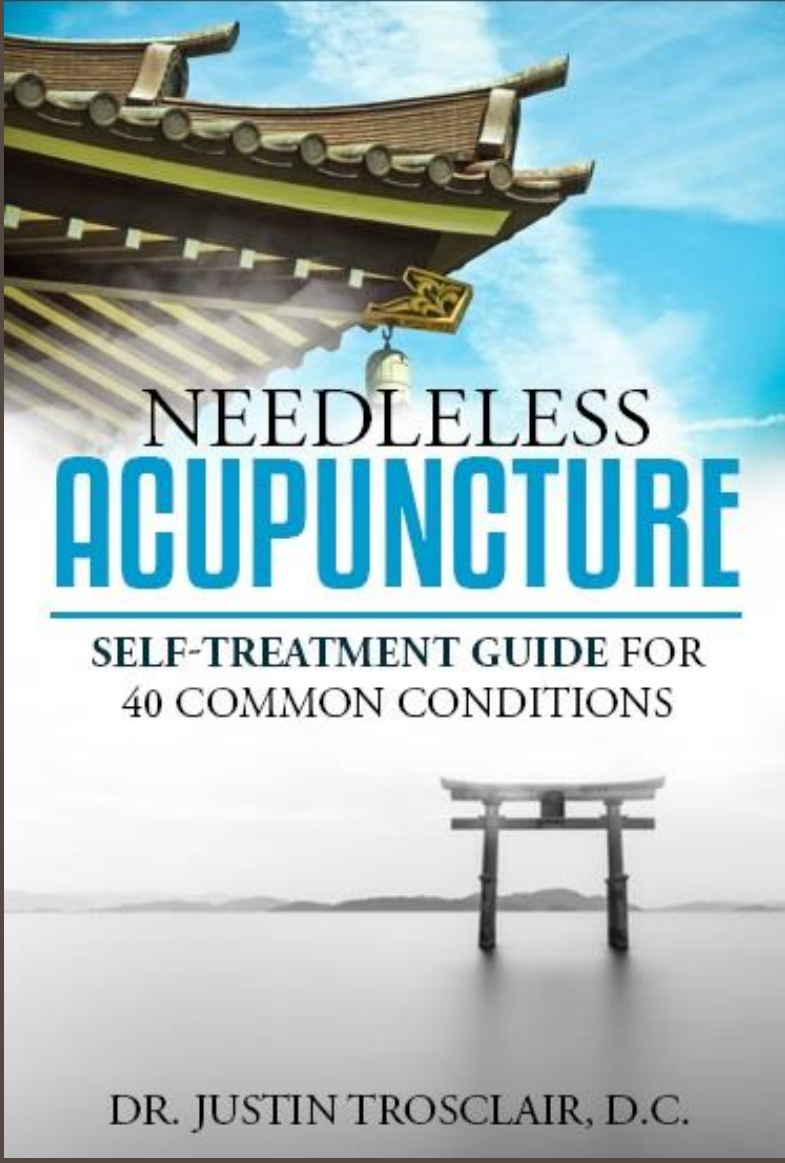
Nothing of importance is accomplished in a day. Take small steps today to see large benefits in the future. Today's Choices, Tomorrow's Health – Small steps to improve health, food choices, exercise and life.

Buy the Book!

<http://www.drjustintrosclair.com/mybook9>

Buy The Book

Stop The Hurting With NO Needles Or Meds! Your Roadmap To
Self-Treat Your Condition Painlessly With Needleless Acupuncture



NEEDLELESS ACUPUNCTURE

SELF-TREATMENT GUIDE FOR
40 COMMON CONDITIONS

DR. JUSTIN TROSCLAIR, D.C.

- Are you afraid of Needles?
- Do you have an Acupuncturist nearby?
- Can you afford a round of 10-20 visits?

My latest book is your answer to all 3 of the above questions.

40 Common Conditions all treated by Acupuncture Points and protocols I learned while working in China at a private hospital for 4 years plus blending Western Teachings.

You will have a **word description** and a **Picture of Each Point** so you can find them yourself. You will discover how you can perform acupuncture WITHOUT Needles in a variety of ways in your own home.

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- **What are you supposed to do when there isn't an acupuncturist in your town?**
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 - **If you have a fear of needles and find them painful, are you just destined never to experience the 2,000 year old acupuncture benefits?**
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Imagine What It Could Do For You On
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Ankle Pain	Gastric (Stomach) Pain	Sinus problems
Anxiety	General Fatigue	Sleep Difficulties
Arthritis of the Upper	Headache	Skin Disorder (Acne, Eczema,
Extremity	Hearing Problems	Neurodermatitis)
Arteriosclerosis (hardening of	Hypertension	Shoulders and Upper Back
the Arteries)	Impotence	Pains
Acute Low Back Pain	Influenza (flu)	Stiff Neck
Chronic Low Back Pain	Insomnia	Toothache
Clonus	Intercostal Rib Neuralgia	Trigeminal Neuralgia
Cough	Irregular Menstruation	Upper Limb Achy and Numb
Diabetes	Knee Pain	Urinary Bladder Issues
Diarrhea	Paralysis of the Lower Limb	Vertigo
Eye Strain	Recovery of Fatigue	Weight Reduction
Face Palsy	Rheumatoid Arthritis	

This book is for you EVEN IF:

You already tried chiropractic treatment and massage but you didn't get the results you expected.

You might be taking medication but are worried about the side effects and long-term consequences.

You prefer a natural approach to dealing with your health concerns.

There's not an acupuncturist within an hour's drive .

You are too busy during the day to spend two hours getting treatment at the local clinic.

Your health is your priority and you want to try and take care of this on your own.

You tried acupuncture in the past but the bills got too high before you could experience relief.

You need a health tune-up at least every month and it's time to do it with self-care.

You bought books in the past just to find out there was NO protocols to actually try what was written.

If you're ready to discover how to unleash the full power of your body (and do it from the comfort of your own home) in 30 minutes a day then the protocols I've gathered from Western and Eastern books, charts, and real-world observation will lead you and show you the right acupuncture points.

This is your guide to Stop The Hurting With NO Needles or Meds! Your new Needleless Acupuncture Book will be Your Roadmap to Self-Treat Your Condition Painlessly, Effectively, and Conveniently.



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- Ready to be motivated to tackle the day by the time you arrive on time to work
- Renewed energy about the future of your clinic
- Restore the relationship with your spouse so it soars to levels back when you first got together
- Rekindle the closeness you once had with your children
- Restructure your marketing so it's more efficient and productive
- Realize that your town is no different than anyone else's
- Remember why you choose to be the Doctor you are and not another specialty
- Revisit past mistakes and learn something to better yourself today because of them
- Resemble those morals you hold onto and discover ways to volunteer as a Doctor
- Reach out to product companies to find out what is new and best for patient outcomes
- Reestablish your value of money and start saving for retirement
- Restore your financial life and pay off debt
- Relearn office procedures so you can stop losing patients faster than you can recruit them, you might call this coaching or management company advice
- Reorganize your work schedule so you can finally take the vacations you deserve

For doctors who want a thriving practice and abundant home life, listen as your host Dr. Justin Trosclair goes behind the curtain and interviews doctors, volunteer organizations and guests about real world triumphs, struggles, marketing, vacation ideas, practical tips, guest specialty explained, favorite books and apps, how to maximize your family relationships and entertainment.

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Thank You for Reading

I sincerely hope this download has given you some relief. It's not a permanent fix and nothing will work quite as well as a chiropractic adjustment, but there are 24 hours in every day and these stretches done consistently over time should help relieve or lessen some of the numbness and tingling you have been experiencing

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