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Forearm Pain Symptoms

Your Forearm Pain symptoms are almost entirely caused by **how you use your hands and arms** now, and how you have used them in the past. Symptoms can also be caused by **previous injury** to your forearms as well.

Movements, habits, and injuries all create patterns of strain that are completely unique to you and your body. Your case of Forearm Pain will be different in many ways from any other case of Forearm Pain because of the **tissue history** you carry with you all the time.

True Forearm Pain symptoms will be **primarily muscular**. Forearm symptoms almost always include **grabbing, aching, weakness, and/or possibly throbbing**. You might even get some **stabbing pain** if you are straining your forearm muscles to their limit. (Stop that!)

The **forearms rely on the coordinated movements** that happen between the flexor muscles which are on the palm side of the forearm and the extensor muscles which are on the the back-of-the-hand side of the forearms.

In many cases of Forearm Pain, the muscles on one side of the forearms get overworked and begin to glue themselves together to support one another through the strain.

This "gluing together" is known as **"adhesions"**. Adhesions are the **main source** of forearm pain problems. When side-by-side muscles become stuck together, or adhered, they begin to act like one big muscle rather than smaller, more action-specific muscles.

Here's an example. Let's say that you always carry a heavy briefcase in your right hand. The **gripping** causes the muscles on the palm side of your forearm to become **overworked**. So, they attempt to spread out their efforts by sticking themselves together and acting as a group.

After the adhesions have formed, you cannot push down with your index finger and expect the tiny index finger muscles alone to do all the work as they were designed. Instead, **the whole stuck-together mass of muscle has to be dragged into action** by the tiny index finger muscle. This leads to **extreme fatigue** and the chance for more **serious injury**.

Adhesions also prevent muscles from relaxing and lengthening fully. They are in a **constant state of contraction** to one degree or another. Result? Very **tired and overworked muscles**.

Forearm Pain Self Care

Would you like professional help with your Forearm Pain Symptoms? Try my Forearm Pain Self Care Program which I developed to help relieve the pain, aching, weakness and stiffness of the forearms. Here's the link.

Forearm Pain Self Care Program

To learn about another repetitive strain injury, return to the Home Page.

Forearm Pain Self Care Toolkit - Click Image



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