

GLOSSARY OF COMMON MEDICAL TERMS

ABASIA - Lack of motor or muscular coordination in walking.

ABATEMENT - A decrease in the severity or intensity of a symptom.

ABLATION - Surgical removal of a part of the body, such as amputation of a limb.

ACAMPSIA - Inability to bend or extend a joint.

ACANTHESHSIA - A feeling of "pins and needles."

ACROAGNOSIS - Lack of sensation in an arm or leg.

ACRONESTHESIA - Loss of sensation in one or more limbs.

ACROCYNANOSIS - Blueness of the hands and feet caused by a disturbance in the blood vessels and their ability to contract and expand.

ACROEDEMA - Swelling of the arms and feet.

ACROHYPERHYDROSIS - Excessive sweating of the hands and feet.

ACROTIC PULSE - A very weak pulse.

ACTINOCYMOGRAPHY - X-raying an organ while it is in motion.

ACUPUNCTURE - Needling of deep structures in order to relieve pain.

ACUTE - Rapid; short, sudden, severe. Not Chronic.

ADRENERGIC - Referring to sympathetic nerve fibers that produce an adrenalin-like substance.

ADRENERGIC BLOCKING AGENT - A substance that blocks responses to sympathetic nerve activities.

AFEBRILE - Without fever, usually referring to a patient who's temperature is normal.

AGLUTITION - Difficulty in swallowing.

AGONY - Extreme pain. AKINESTHESIA - Loss of sense of movement, as in a muscle.

ALGESIC - Painful.

ALGOLOGY - The science and study of pain phenomena. An algologist is a student, investigator, or practitioner of algology.

ALKALOID - Any one of the digitalis, etc.

ALLODYNIA - Extreme pain is produced by any stimuli that would not normally induce pain (such as touch, pressure and warmth).

AMBULATORY - Not bedridden, able to walk by oneself.

AMBULATORY SURGERY - Surgery performed either in a special ambulatory care unit or doctor's office. Outpatient surgery.

AMPUTATION - The surgical removal of a limb or part of a limb.

AMYOTONIA - Absence of muscle tone.

ANALGESIA - Absence of pain in response to stimulation that would normally be painful.

ANALGESIC DRUGS - Pain-relieving medications (anodynes) such as aspirin.

ANEMIA - Insufficiency of red blood cells, either of quality or quantity.

ANESTHESIA - Loss of sensation, usually produced in order to permit a painless surgical operation.

ANESTHESIOLOGIST - A physician who specializes in the administration of anesthesia.

ANGINA PECTORIS - Pain in the chest, sometimes radiating to the left arm, caused by a spasm of the coronary artery of the heart.

ANKYLOSIS SPONDYLITIS - An inflammatory disease of the spine, causing pain and often leading to painful alterations of the vertebral articulations, as well as stiffness of the spine.

ANKYLOSIS - Stiffening or fixation of a joint.

ANTAGONIST - A drug which neutralizes the effect of another drug.

ANODYNE - Any medication that relieves pain.

ANTIDEPRESSANT MEDICATIONS - Those that aid in combating a mentally depressed state.

ANTI-INFLAMMATORY DRUGS - Medication which is used to reduce inflammation.

APNEA - A temporary stopping of breathing, often occurring during sleep.

ARRHYTHMIA - Lack of rhythm, applied especially to irregularities of heart beat.

ARTHRITIS - Inflammation of a joint. ARTHROSCOPY - A procedure wherein an orthopedist looks into a joint with a specially designed lighted hollow instrument.

ASYMPTOMATIC - Without symptoms. Usually referring to someone who previously did have symptoms.

ATROPHY - The withering of an organ or tissues which had previously been normally developed due to degeneration of cells.

AUTONOMIC NERVOUS SYSTEM - The portion of the nervous system over which there are no voluntary, conscious control, including heart beat, breathing, intestinal movements, sweating, etc. BETA BLOCKERS - Drugs that tend to slow the heart rate and the force of heart contractions and lower the blood pressure.

BIO FEEDBACK- Giving information to an individual, through visual or auditory means, on the state of some of his physiological responses such as heart rate, etc.)so that the individual can gain some voluntary control over these procedures.

BONE DEOSSIFICATION - Demineralization of bone.

BONE SCAN - A process used to check for the presence of damage or changes in the bones which enables them to be seen long before they become visible on an ordinary X-ray. Although they can sometimes show the presence of RSD, they do not always successfully detect it.

BRAWNY EDEMA - Thickening and dusky discoloration of edematous tissue.

CARPAL TUNNEL SYNDROME - Numbness, weakness and pain in the hand, involving especially the index, middle and ring fingers, due to compression of the medial nerve at the wrist.

CATHETER - A hollow rubber, plastic, or glass tube for passage into a structure, for the purpose of injecting or removing fluid or blood.

CAT SCAN - The simultaneous taking of many x-rays from many angles, thus giving a highly defined set of pictures of an organ or organs. Also called a CT Scan or Computerized axial tomography.

CAUDA EQUINA - The "tail" end of the spinal cord composed of the nerves which proceed to the lower part of the trunk and lower extremities.

CAUSALGIA - A burning sensation in the palms, soles or digits, thought to be due to irritation or disease in the nerves supplying these areas.

CENTRAL PAIN - Pain associated with a lesion of the central nervous system.

CENTRAL VENOUS CATHETER - A hollow plastic tube inserted into a vein in the arm or neck, and pushed forward until it reaches the vena cava in the chest. It is often used for giving medication.

CHIROPRACTOR - One who treats disease by a system of healing which employs manipulation and specific adjustment of body structures (such as the spine).

CHONDRITIS - Inflammation of cartilage.

CHRONIC - Lasting of long duration. Not acute.

CHRONIC FATIGUE SYNDROME - An unusual illness, of uncertain cause, that is characterized by unexplained fatigue, weakness, muscle pain, lymph node swelling and malaise.

CLUSTER HEADACHE - A chronic headache condition, also called migrainous neuralgia.

COMPENSATION CASE - An injury or disease incurred because of the work one performs.

CONNECTIVE TISSUE DISORDER - A group of diseases including rheumatoid arthritis, systemic lupus erythematosus, rheumatic fever, scleroderma and other, that are sometimes referred to as rheumatic diseases. They probably do not affect solely connective tissues but the diseases are linked in various ways and have interesting immunological features which suggest that they may be autoimmune in origin.

CONTRACTURE - The shortening of a muscle, tendon or other structure so that it can not be straightened or readily flexed and extended. Scar tissue often results in contractures.

COSTOCHONDRITIS - Inflammation and pain in the area where the cartilages join the breastbone.

CROHN'S DISEASE - An ulcerative condition of the small and large bowel.

CRYESTHESIA - Sensitivity to cold.

CRYMODYNIA - Pain which comes on in cold or damp weather. Common in those who suffer from arthritis and other pain disorders.

CUBITAL - Referring to the forearm or elbow area.

CYANOTIC - Bluish color of the skin and mucous membranes, usually due to poor circulation and insufficient oxygen in the bloodstream.

DEAFFERENTATION PAIN - Pain due to loss of sensory input into the central nervous system, as occurs with avulsion of the brachial plexus or other types of lesions of peripheral nerves or due to pathology of the central nervous system.

DENERVATE - To cut a nerve going to or from an organ or structure. This is sometimes done surgically to relieve pain.

DEPRESSION - A mental state of depressed mood characterized by feelings of sadness, despair, discouragement, inability to concentrate, insomnia, and feelings of rejection and guilt.

DIASTOLIC PRESSURE - The blood pressure level during the time the heart muscle is relaxed. **DISEASE** -A disturbance in the body or function of an organ or organs.

DORSAL COLUMN STIMULATOR - Also called a Spinal Cord Stimulator, it is a specialized device, which stimulates nerves by tiny electrical impulses via small electrical wires placed on the spinal cord.

DORSUM - The back of an organ or body part.

DYSBASIA - Difficulty in walking.

DYSESTHESIA - An unpleasant abnormal sensation, whether spontaneous or evoked.

DYSTONIA - Impaired tone, often referring to abnormal muscle tone. **DYSTROPHY** - Abnormal development, progressive changes, and degeneration that may result from defective nutrition of tissue.

ECHOCARDIOGRAPHY - A test in which sound waves are directed at the heart. The recordings give important information on the health of the heart muscles and heart function.

EDEMA- Excessive accumulation of fluid in the body tissue which causes swelling.

ELECTROCARDIOGRAPHY - The recording of the electrical impulses of the heart. Such tracings often give an accurate picture of heart abnormalities and disease. (EKG, ECG)

ELECTROENCEPHALOGRAPHY - The recording of brain waves. Such tracings often give an accurate picture of brain disease or injury. (EEG)

ELECTROMYOGRAPH - An instrument which records the electrical impulses that pass through a muscle as it contracts and relaxes. (EMG)

ENDOSCOPE - An instrument used to look into body cavities and openings, such as a gastro scope used to examine the stomach.

ERYTHEMA - A patch of redness of the skin.

ETIOLOGY - The study of the cause of a specific disorder or disease.

EXACERBATION - Flare-up or relapse of a condition or disease.

FASCIA - Connective tissue located in various places throughout the body, such as beneath the skin, in between muscles, around blood vessels or nerves, etc.

FEBRILE - Feverish; relating to an elevation in body temperature above 98.6° F.

FIBROMYALGIA - Sometimes called fibrositis, this is a common condition that is associated with widespread aching, stiffness and fatigue, and originates in muscles and soft tissues.

FIBROSIS - Thickening and scarring of connective tissue which replaces the normal components of a structure.

FLUOROSCOPY - X-Raying a part of the body and recording the rays on the fluorescent screen. This is carried out in order to view various organs in motion.

FUNCTIONAL DISEASE - One associated with an upset in function rather than a change in structure, such as migraine headaches, mucous colitis, etc.

GASTROESOPHAGEAL REFLUX DISEASE - GERD is a digestive disorder that causes acid indigestion or heartburn by the return of acidic stomach juices, or sometimes food, back up into the esophagus.

GANGLION CYST - A cyst of the sheath of a tendon, frequently appearing about the wrist.

GLUCOSE TOLERANCE TEST - A blood test to determine the presence of diabetes or a tendency towards its development. It is also used to determine the presence of hypoglycemia.

GOUT - A type of arthritis or inflammation about a joint caused by excess uric acid in the blood. Attacks occur suddenly and are accompanied by great pain. The big toe is a frequent site.

HEMATEMESIS- Vomiting of blood.

HOLISTIC MEDICINE - That type which considers the individual as a whole, and places responsibility for maintenance of health upon the individual himself.

HOMEOPATHY - A branch of medicine, characterized by the treatment of illness with small doses of drugs that produce, in a healthy person, symptoms like those of the illness being treated .

HORNER'S SYNDROME - Drooping of the eyelid, contraction of the pupil, and flushing of the face, seen in persons who have had sympathetic nerve destruction in the neck. Symptoms are often seen temporarily after a stellate ganglion block.

HYDROSIS - Excessive perspiration.

HYPALGESIA - Decreased sensation to pain.

HYPERALGESIA - Extreme sensitivity to pain and lowered threshold to painful stimuli. Hyperalgesia of the skin may be manifested by great pain even on light pinching or touch. Many cases of hyperalgesia have features of allodynia.

HYPERASTHESIA - Over-sensitivity to touch and light pressure.

HYBERBARIC CHAMBER - A specially devised room in which the oxygen content is greater than under ordinary atmospheric conditions.

HYPERESTHESIA - Excess sensitivity, such as to touch or pinprick.

HYPERGLYCEMIA - Excessive sugar in the blood.

HYPERHYDROSIS - Excessive sweating.

HYPERPATHIA - A painful syndrome, characterized by increased reaction to a stimulus, especially if repetitive. Hyperpathia may occur with hyperesthesia, hyperalgesia, or dysesthesia. Faulty identification and localization of the stimulus, delay, radiating sensation, and after-sensation may occur. The pain is often explosive in character.

HYPERPIESIS - High blood pressure; hypertension.

HYPERPNEA - Rapid and exceptionally deep breathing.

HYPERPYREXIA - High fever.

HYPERTENSION - High blood pressure.

HYPESTHESIA - Decreased sensitivity, as lessened appreciation of the sense of pain or touch.

HYPOALGESIA - Diminished sensitivity to noxious stimulation.

HYPOESTHESIA - Diminished sensitivity to stimulation, excluding special senses.

HYPOGLYCEMIA - Too little sugar in the blood.

HYPOREFLEXIA - Diminished reflexes. HYPOTENSION - Low blood pressure.

HYPOTHENAR - The fleshy part of the palm of the hand in the region of the ring and little fingers.

HYPOTONIA - Lessened muscle tone.

IDIOPATHIC - Of unknown cause.

IMMUNE SYSTEM- The body mechanism that protects against harmful invaders, including the production of antibodies.

IMPALPABLE - Not able to be felt with the hands, such as a tumor.

INDEPENDENTLY MAINTAINED PAIN - (IMP) Pain which stops reacting to methods of pain relief. As RSD progresses, more of the pain becomes Independently Maintained which explains why localized pain reduction techniques (i.e. sympathetic blocks, creams etc.) no longer work. Also called Sympathetically Independent Pain.

INDURATION - Thickening, such as might be felt around the edges of an inflamed wound.

INDWELLING CATHETER - One that is left in place for prolonged periods of time.

INFLAMMATORY RESPONSE - Irritation of the involved extremity, which may include localized heat, swelling, redness, pain, and limited movement and occur when tissues are injured by viruses, bacteria, trauma, chemicals, heat, cold or any other harmful stimulus.

INFLAMMATION - The reaction of tissues to injury, manifested by pain, heat, swelling, and redness.

INTRACTABLE - Incurable; impossible to control.

INTRATHECAL PUMP - A method of pain relief which uses a small pump that is surgically placed under the skin of the abdomen to deliver morphine or other medications directly into the intrathecal space (where fluid flows around the spinal cord). The medication is delivered through a small tube called a catheter that is also surgically placed.

IRRITABLE BOWEL SYNDROME (IBS) - One in which there are intermittent periods of abdominal cramps and diarrhea.

ISCHEMIA - Lack of blood supply to an organ or part due to a spasm or shutting down of the artery which supplies it.

LANCINATING PAIN - A shooting, knife-like, sudden, severe pain.

LIGHTENING PAINS - Severe, sharp pains caused by nerve irritation.

LUPUS ERYTHEMATOSUS - An acute or chronic disease of the skin, evident mostly on the face and hands. The face rash is red, scaly, blotchy and often extends across the nose to the cheeks in a "butterfly" formation.

LYME DISEASE - A condition thought to be transmitted through the bite of a tick, characterized by a ring-shaped rash surrounding the bite area, fever, and attacks of pain and stiffness that resembles arthritis.

MAGNETIC RESONANCE IMAGING (MRI) - A technique for viewing internal organs and bones; and for creating many of the images formerly revealed only by X-rays. MRI's use no radioactive rays.

MALAISE - A feeling of being ill or unwell.

MELAGIA - Pain in the arms or legs. **MIGRAINE** - Severe headache often associated with spots before the eyes, nausea and vomiting. The attacks tend to come on suddenly and are recurrent.

MINIMALLY INVASIVE SURGERY - Operations performed through an endoscope or laparoscope, utilizing the smallest incisions, some no more than approximately two-thirds of an inch in diameter.

MULTIPLE SCLEROSIS - A chronic disease of the nervous system leading to partial paralysis, changes in speech, inability to walk, etc.

MUSCLE RELAXANTS - group of drugs that subdue or reduce the intensity of muscle spasms and thus tend to relieve the pain accompanying the spasms.

MYALGIA - Pain in muscles, as in lumbago, rheumatism, etc.

MYELOGRAM - A diagnostic procedure where a radiopaque contrast dye is injected into the spinal canal. X-rays are then performed which reveal the anatomy of the spinal canal. Can be used to diagnosis disk disease, spinal stenosis and tumors of the spinal canal. MRI and CT scanning have largely displaced the use of this more invasive test.

MYOCLONUS -Abnormal muscle twitching.

MYOFASCIAL PAIN SYNDROME - Muscular pain in numerous body regions that can be reproduced by pressure on trigger points, localized hardenings in skeletal muscle tissue. Pain is referred to a location distant from the trigger points.

MYOFASCITIS - Inflammation of muscle and the fibrous coverings of muscle and surrounding ligaments. Seen as one of the common causes of chronic lower back pain.

MYOFIBROSIS - Replacement of muscle tissue by fibrous tissue, often the result of long-standing inflammation of a muscle.

MYOMALACIA - Degeneration of muscle.

MYOSITIS - Inflammation of muscle.

MYOTONIA - Spasm of muscle.

NATUROPATH - A non-medical practitioner who tries to cure or treat illness by giving "natural" remedies derived from such things as foods, herbs, water, etc.

NERVE BLOCK - The injection of an anesthetic agent into or around a nerve in order to blot out impulses which travel through it and to produce loss of sensation to the area supplied by the nerve.

NEURALGIA - Pain along the route of a nerve.

NEURITIS- An inflammatory or degenerative condition of a nerve.

NEUROLOGIST - A physician who specializes in diseases of the nervous system.

NEUROPATHIC PAIN - Any pain syndrome originating in peripheral nerves and nerve roots. The pain is due to neurovascular damage such as diabetic neuropathy or sympathetically maintained pain (SMP).

NEUROPATHY - Any disease of nerve tissues.

NEUROVASCULAR - A term that pertains to both the neurologic and vascular structures.

OCCUPATIONAL THERAPY - Education and retraining for an injured or handicapped person.

ORTHOPEDIST - A Physician who specializes in diseases and conditions of the bones, joints muscles, tendon, ligaments, and cartilage.

OSTEOARTHRITIS - A form of arthritis associated with bone and cartilage degeneration; seen mostly in aging people.

OSTEOCHONDRITIS - Inflammation of a bone and cartilage.

OSTEODYNIA - Pain in a bone.

OSTEOPATHIC PHYSICIAN - One who uses the ordinary medical diagnostic and treatment measures, plus manipulative procedures which emphasize diseases of the bones.

OSTEOPOROSIS - A loss in bony substances producing brittleness and softness of bones; often seen in aging people or those with debility (weakness).

PAIN - An unpleasant sensory and emotional experience most often associated with tissue damage.

PAIN KILLER - A substance such as a medication or herb) used to relieve pain.

PAIN THRESHOLD - The point at which one feels pain. A person with a low pain threshold feels pain sooner than one with a high threshold.

PAIN TOLERANCE LEVEL - The greatest level of pain that a subject is prepared to tolerate. Because the pain tolerance level is the subjective experience of the individual, the same considerations limit the clinical value of pain tolerance level as pain threshold.

PALLIATIVE - A medication given to relieve, not to cure; or a form of treatment directed toward relief rather than a cure applied when true cure is not possible.

PALMAR SURFACE - The palm or grasping side of the hand.

PARASYMPATHETIC NERVOUS SYSTEM - The involuntary or autonomic nervous system which supplies nerves to the eyes, glands, heart, lungs, abdominal organs, etc.

PARESTHESIA - A burning, tingling sensation often felt in neuritis.

PAROXYSMAL DYSESTHESIA - Spontaneous sharp jabs of pain in the affected region that seem to come from nowhere.

PERIPHERAL NERVE STIMULATION - Works in a similar way to the Spinal Cord Stimulation, but the lead is placed on the specific nerve that is causing pain rather than near the spinal cord. **PERIPHERY** - The part of the body away from the center.

PILOMOTOR CHANGES - Changes in the amount of goose bumps due to chilling effect on skin. **PHYSIATRICALS** - Physical medicine, including physical therapy and rehabilitation techniques. Physiatrists specialize in restoring optimal function to people with injuries to the muscles, bones, tissues, and nervous system (such as stroke victims).

PHYSICAL THERAPY - Treatments with manipulation, exercises, message, heat, cold, stimulators, etc. used to assist recovery and

movement of limb after injury or surgery.

POLYARTHRITIS - Inflammation of several joints.

POLYMYOSITIS - Inflammation of several groups of muscles.

POST-TRAUMATIC SYNDROME - Multiple symptoms including headache, dizziness, weakness, blurred vision, muscle aches and pains, occurring and persisting after an injury has apparently healed.

PSYCHIATRIST - A physician who specializes in disorders of the mind.

PSYCHOLOGIST - A specialist, not necessarily a physician, who studies the function of the mind.

RADICULAR - Referring to the nerves originating in the spine.

RADICULITIS- Inflammation of the root of a nerve, particularly of a nerve going to the spinal cord. It is accompanied by excruciating pain along the course of the nerve.

RADICULOPATHY - Disease of the spinal nerves.

RADIOLOGIST - A physician who specializes in the use of X-rays and radioactive substances, both for diagnostic and for treatment purposes.

RAYNAUD'S DISEASE - A disease in which there is chronic constriction and spasm of the blood vessels and digital arteries in the fingers, toes, tip of nose, etc. causing pallor (blanching). It can occasionally lead to gangrene of the affected area.

REBOUND REACTION - A flare-up of symptoms when medication is abruptly terminated.

REFERRED PAIN - Pain which is felt some distance from the site of it's origin.

REFLEX - An uncontrollable (involuntary) response to a particular stimulation.

REFLUX- Flowing in a backward direction, as the flowing of the intestinal contents back to the stomach.

REMISSION - A clearing up of a disease or it's symptoms.

RESPIRATORY RATE - The number of breaths per minute. The normal adult inhales approximately twenty times per minute.

RHEUMATOLOGIST - A specialist in diseases involving the joints, particularly arthritic conditions.

RHIZOTOMY - Surgery to cut the roots of spinal nerves, carried out to relieve incurable pain.

ROMBERG- Inability to keep one's balance when standing with eyes closed.

SALICYLATE DRUGS - Medications particularly useful in relieving pains in muscles and joints. **SCIATICA** - A condition in which there is severe pain in the lower back and down the back of the thigh and leg along the route traveled by the sciatic nerve. It is associated with an inflammation of the sciatic nerve and may lead to numbness, tingling, and wasting of the muscles supplied by the sciatic nerve.

SCLEROSING TENOSYNOVITIS - An inflammation and overgrowth of a tendon sheath causing intense pain, most often seen in the wrist near the base of the thumb.

SEROTONIN - A chemical found in the blood which causes blood vessels to constrict and contract.

SHORT TERM MEMORY - The ability to remember recent events.

SHOULDER-HAND SYNDROME - Pain, stiffness and numbness, leading to shrinking of the muscles; all in the shoulder, arm and hand. Thought to be brought on by the lack of proper function of the nerves supplying this area of the body.

SPASM - An abrupt and forceful contraction of a muscle usually associated with marked pain or discomfort.

SPINAL CORD STIMULATION - (SCS) A method of pain relief which uses a small neurostimulation system that is surgically

placed under the skin to send mild electrical impulses to the spinal cord. The electrical impulses are delivered through a lead (a special medical wire) that is also surgically placed. These electrical impulses block the signal of pain from reaching the brain.

STIMULUS - Something which stimulates (arouses action) in the muscles, nerves or other excitable tissue and results in a specific reaction.

SUBCUTANEOUS - Underneath the skin.

SUBLUXATION - A slight dislocation of a bone or joint.

SUDECK'S ATROPHY - Degeneration of bone following an injury.

SUDOMOTOR CHANGES - Increased or decreased sweating.

SYMPATHECTOMY- Removal of some of the sympathetic nerves.

SYMPATHETICALLY MAINTAINED PAIN - (SMP) pain is very responsive to local pain reduction efforts, especially notably sympathetic nerve blocks. Most of our pain in the early stages of RSD is Sympathetically Maintained Pain .

SYMPATHETIC NERVOUS SYSTEM- The involuntary part of the nervous system, such as that which controls blood vessel contractions, sweating, etc.

SYNCOPE - Fainting.

SYNDROME- A group of symptoms and signs which, when appearing simultaneously, form a definite pattern of a specific condition, disease or abnormality.

SYSTOLIC BLOOD PRESSURE - The force with which blood is pumped when the heart muscle is contracting. **TELAGIA** - Pain radiating to another part of the body; referred pain.

TEMPOROMANDIBULAR JOINT- The junction of the lower jawbone (the mandible) and the temporal bone, located just in front of the ear. **TENDER POINTS**- Areas on the body which hurt where pressed, but do not refer pain elsewhere. They usually occur in pairs on various parts of the body, therefore usually equally distributing the pain on both sides of the body.

THENAR REGION - The palm of the hand, especially that region located adjacent to the base of the thumb.

THERMOGRAPHY - A technique for measuring the heat given off by a particular organ or region of the body. A thermo gram is extremely sensitive and records small temperature changes. While these will show RSD in many cases, a negative result does not mean the patient does not have RSD.

THORACIC - Referring to the chest.

THORACIC OUTLET SYNDROME - Condition due to compromise of blood vessels or nerve fibers between the armpit (axilla) and base of the neck.

TRANS ESCHEMIC ATTACKS - (TIA) A temporary paralysis, numbness, speech difficulty or other neurologic symptoms that start suddenly and recovers within 24 hours and is caused when the nerves clamp down on the veins and restrict the blood flow to the heart, brain and other organs.

TRIGGER FINGER - A dislocation of a tendon so that the flexion or extension of a finger is temporarily halted. **TRIGGER POINT** - A hypersensitive area or site in muscle or connective tissue, usually associated with myofascial pain syndrome. When touched or pressed they bring on a painful response and referred pain. They can also be felt as painful lumps of hardened fascia.

TROPIC - Resulting from interruption of nerve supply.

ULNAR NERVE -A major nerve of the upper extremity. In humans, the fibers of the Ulnar nerve originate in the lower cervical and upper thoracic spinal cord (usually c7 to t1), travel via the medial cord of the brachial plexus, and supply sensory and motor innervations to parts of the hand and forearm.

ULTRASOUND - A type of imaging technique which uses high-frequency sound waves.

VALGUS - The turning out of the foot.

VASCULAR SYSTEM - Blood vessel system.

VASOCONSTRICTION - The narrowing and contraction of blood vessels.

VASODILITATION - The enlargement or dilation of blood vessels.

VASOMOTOR MECHANISM - That which regulates the contraction or dilation of blood vessels. Vasomotor changes may produce a sensation of coolness or warmth.

VASOSPASM - Marked contraction and narrowing of a blood vessel or a segment of a blood vessel.

VERTIGO - Dizziness, especially the feeling that one's surroundings are whirling.

VOLAR - Pertaining to the palm or sole surfaces.