



Shaky thumbs

69 y.o. Male

Keywords: shaky, thumb, hand, movement

The Person & Complaint

A 69-year-old man presented with shaking thumbs that he could not control. The problem had slowly developed over time and had been happening for about two years. He said it was worst when he was at the gym and was doing sit-ups. He reaches his arms out as he comes up to a sitting position as part of the sit-up and he finds that his thumbs shake out of control when doing this motion. He sought treatment because he was concerned that it could be part of a bigger problem and because he was embarrassed that his buddies at the gym would see his thumbs shaking and would wonder if something was wrong with him. I asked him to do the same thumb movement just sitting there. The movement was essentially to bring each thumb in next to the edge of the pointer finger, with all fingers and thumb extended and the whole hand flat in a plane (as though two dimensional), or thumb adduction. The shaking occurred when he adducted the thumbs, whether or not he was doing sit-ups.

The Story & Emotions

There was no big story here other than not wanting to be embarrassed in front of his friends, but that emotion didn't seem to be related to the onset of the problem.

The Energetic System

- Lung channel blocked through thumb, preventing normal control of thumb adduction
- Possible blocking at LI 4 or through LI channel, as well

Treatment – first session

- Opened Lu 10 to Lu 11 on each hand. Neither side had any energy flowing at Lu 10 at the start, then got prickly, and then finally started to open up.
- Shaking reduced, but was still sporadically present. While before the shaking was constant and with 2-6 mm very frequent movements (10-15 shakes in a second)

during thumb adduction, the shaking changed to be larger movement (5-10mm) with less frequency (0-2 movements per second).

Treatment – second session

Result from last treatment:

- Shaking still the same as the end of last session when he adducts thumbs.

Treatment:

- Opened Lu 11 to Lu 7 on each hand. Felt congested at the start, but then got good movement with opening through whole thumb.
- Opened LI 4 on both hands – felt hot and congested, then calmed and opened
- No shaking present on thumb adduction at end of session

Result/ How it was resolved

The thumb shaking has not returned to date (14 months post-treatment).