

# Arthritis Hand Treatment

Ball: Large Soft, Small Soft



**Note: Do each technique on both hands before moving to the next technique.**



## Wrist Assess

Bring your elbows and wrists together. Open your hands so that your palms face the ceiling. Ideally, your hands should look like the letter T. If your hands look more like a Y or you notice that your pinky finger bends, that's a sign that there's tightness and dehydration running from your hands all the way to your neck and shoulders, which may be contributing to pain, stiffness, and poor posture.



## Grip Assess

Place a large soft ball in one hand and squeeze it three or four times as firmly as you can. Then place the ball in the other hand and notice whether your grip feels equal in strength or if you have a stronger grip in one hand than in the other. Remember what it feels like to create your grip.



## Finger Compression

Press down on the large soft ball with your index finger. Decompress the ball and flex your index finger so your fingertip is touching the ball. Alternate between pressing the tip and the pad of your index finger four times. Repeat this motion with your other fingers and thumb. Remember: You can always use two fingers to compress the ball. Switch hands and repeat.



## Glide

Place the large soft ball in between your hands at the base of your palms or Glide on one hand at a time. Glide the ball from point 3 across the base of the palm to point 5 and return to point 3 with equal pressure. Keep the tip of your middle finger on the table or floor as you create the Glide. Continue back and forth as you take three or four focused breaths.



## Direct Shear

Place the large soft ball under point 3, the thumb pad, and create small circles as you take three or four focused breaths. Move slowly and take your time, as this area often has a lot of stuck stress. Hold the compression and take focused breaths as you allow the tissue to adapt.



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### Indirect Shear



Maintain tolerable pressure under point 3 and take three or four focused breaths while you wiggle the thumb to indirectly shear the tissue. Hold the compression and take focused breaths as you allow the tissue to adapt. Repeat Direct and Indirect Shear on the other hand.



### Knuckle Decompress



Wedge the small soft ball between two fingers, curl your fingers, and gently squeeze the ball between your fingers 4 or 5 times. Repeat between each finger of both hands, including between your thumb and index finger.



### Finger Rinse



Place one hand flat on the floor or a table. Use the other hand to rub the large soft ball over the top of and in between each finger of the bottom hand in one direction, from the knuckle to the nail, as shown. (This also stimulates point 4 on the top hand.)

Repeat on the other hand.



### Forearm Rinse



Starting with the large soft ball under your fingers, slowly press the ball toward your wrist and up your forearm toward your elbow in a continuous motion. Repeat the rinsing motion 8 to 10 times in one direction, from fingers to elbow. Take focused breaths and maintain consistent pressure. Switch hands.



### Friction



Using light, quick, random movements, rub your hands over the large soft ball in a scribble-like motion. Be sure to include your fingers and wrists. Repeat on the other hand.



### Wrist Reassess

Repeat the Wrist Assess. Open your hands so that your palms face the ceiling. Do you feel a change in the flexibility of your wrists? Do you feel less tension in your arms? Do your fingers extend more fully?



### Grip Reassess



Remember what your grip strength felt like when you began and repeat the Grip Assessment by squeezing the large soft ball as firmly as you can three or four times in each hand. Can you create a more powerful grip with less effort? Does your grip feel more equal from left to right?