

Full Hand Treatment 1

Balls: Large Soft, Small Soft or Firm, Large Firm



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.



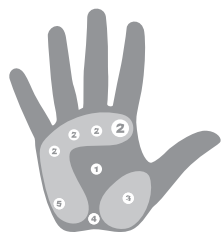
Grip Assess

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.



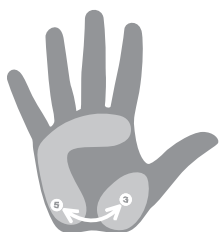
Finger Compression

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.



Position Point Pressing

Press your hand into the large soft ball at each of the points on the diagram, starting with point 1. Create a tolerable amount of pressure. You can use your other hand to create gentle compression. At each point, take a focused breath before lifting your hand and moving to the next point. Ease off pressure if you feel a strong sensation or pain. This is a very powerful technique so take your time. Once you've pressed into each point, perform Position Point Pressing on the other hand. You should feel pressure not only under the ball but also in your wrist. If the pressure is very intense, ease back and maintain a more tolerable pressure.



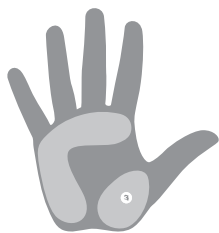
Glide

Glide the large soft 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.



Discover the secrets to pain-free living... **at any age!**™

Direct Shear



Place the large soft ball under point 3, the thumb pad, on your right hand and create small circles as you take 3 or 4 focused breaths. Move slowly and take your time as the thumb pad often has a lot of stuck stress. Hold the compression and take focused breaths as you allow the tissue to adapt.

Indirect Shear



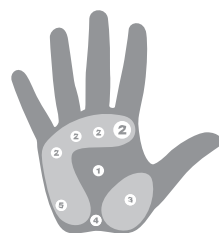
Maintain tolerable pressure under point 3 and take three or four focused breaths while you wiggle the thumb to indirectly shear the tissue. Hold the compression and take focused breaths as you allow the tissue to adapt. Repeat Direct and Indirect Shear on the other hand.



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.



Position Point Pressing



Press your hand into the small soft or firm ball at each of the points on the diagram, starting with point 1. Create a tolerable amount of pressure. You can use your other hand to create gentle compression. At each point, take a focused breath before lifting your hand and moving to the next point. Ease off pressure if you feel a strong sensation or pain. This is a very powerful technique so take your time. Once you've pressed into each point, perform Position Point Pressing on the other hand. You should feel pressure not only under the ball but also in your wrist. If the pressure is very intense, ease back and maintain a more tolerable pressure.



Knuckle Decompress



Wedge the small soft or firm 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.

Glide



Glide the large firm 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 firm ball under point 3, the thumb pad, on your right hand and create small circles as you take 3 or 4 focused breaths. Move slowly and take your time as the thumb pad often has a lot of stuck stress. Hold the compression and take focused breaths as you allow the tissue to adapt.

Discover the secrets to pain-free living... at any age!™

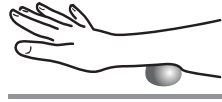




Indirect Shear



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.



Forearm Rinse



Starting with the large firm 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.



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. (This also stimulates point 4 on the top hand, hydrating the tissues of the wrist, reducing inflammation, and relieving wrist pain.) 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 one hand over the large soft or firm 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?



Discover the secrets to pain-free living... **at any age!** TM