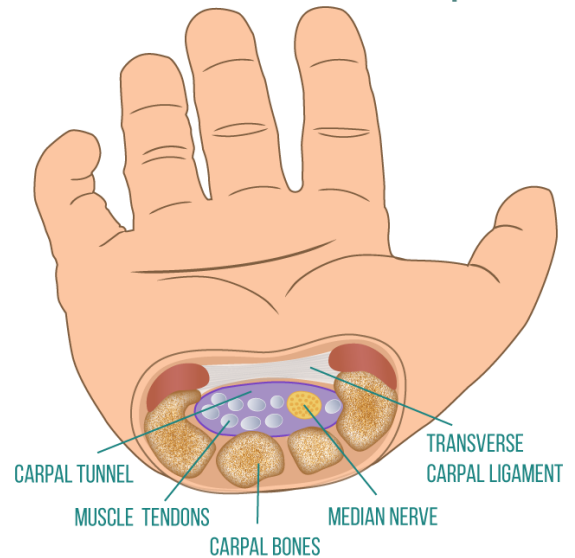


WORKING WITH WRISTS

We get wrist pain because of

1. CARPAL TUNNEL SYNDROME (inflammation of the tissues within carpal tunnel formed by transverse carpal ligament and carpal bones)
2. SUDDEN IMPACT (breaking a fall with your hand, car accident and so on can cause strains, sprains and minor bone fractures)
3. NECK INJURY (herniated disks in the neck can cause pain and tingling all the way down the arms)
4. REPETITIVE STRESS FROM HAND OVERUSE (even if it is not manifested as carpal tunnel syndrome)
5. ARTHRITIS (particularly rheumatoid arthritis)
6. GANGLION CYSTS (small fluid-filled lumps that can show up on the wrists and hands).



“The human body simply wasn’t designed to perform the same movements for 8 hours a day, 5 days a week. In an attempt to keep up with the demands, the body tends to hypertrophy, or grow bigger and thicker wherever we use it most. This is true of muscles and bones, and it also happens with the synovial sheaths at the wrist. When they thicken because of overuse, they press on anything else that has to travel through the tiny tunnel formed by the carpal bones and the transverse carpal ligament – namely, the median nerve. The ligament may also swell with chronic irritation, adding to the pressure on the median nerve.” (A Massage Therapist’s Guide to Pathology by Ruth Werner)

ACTION PLAN

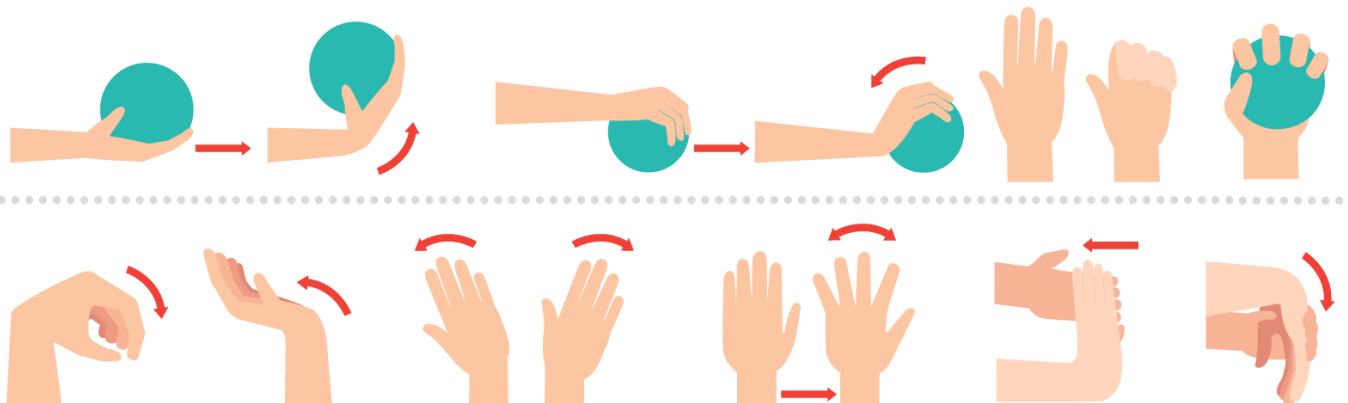
For acute pain the student should see a doctor and follow doctor’s recommendations.

For nagging occasional pain that comes and goes:

1. Analyze repetitive hand activity and either eliminate it (if possible) or change the hand position so that the wrists remain in a neutral position during the activity.



2. Do small movement breaks for the hands during the day, which will help prevent tension from building up (follow the usual protocol of contract-relax-stretch)



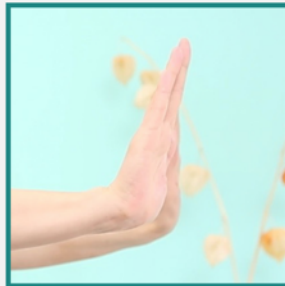
WORKING WITH WRISTS

3. Integrate simple hand movements into the yoga practice, adding them to familiar poses like Vajrasana, Virabhadrasana, Dvipada Pitham and others. Here are some ideas:

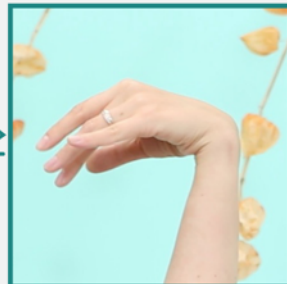
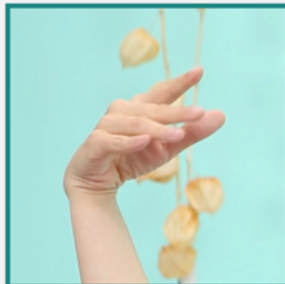
WRIST FLEXION



WRIST EXTENSION



WRIST ROTATION



CONTRACTING/STRETCHING THE FINGERS



CURLING THE FINGERS IN/OUT



HOLDING ON TO THE TOES



HOLDING ON TO THE FOOT

