

Hand Therapy:

A Complete Guide to Hand Therapy Using a Stress Ball

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Introduction

Many will consider the exercise of hand massage therapy as a new means of encouraging your body to self-heal and improving. But hand massages have been used as far back as classic Chinese and ancient Egyptian times. Apart from our face, our hands are often the most noticed part of our body, which is why we care so much about how they look. You've probably met someone who looks very youthful in their face, while their hands reveal their true age.

During a massage, endorphins are released into the system to balance our body and reduce stress. So, while a hand massage feels wonderful, it's also working its healing magic to:

- Keeping joints mobile;
- Increasing circulation in your hands;
- Toning the muscles in your hands;
- Rejuvenating your skin;
- Helping to prevent conditions such as RSI (Repetitive Strain Injury);
- Reducing stiffness and increasing flexibility.

Today's technology is proving to be a new source of pain and discomfort in our hands... texting on cell phones, extended video game play, typing on our computer keyboard... all are contributing to the popularity of hand therapy to combat the increased strain on our hands.

If you use your hands a lot during any given day - and most of us do in our workplace - you probably experience the tension and pain associated with your work. If you spend a majority of your day typing - for example - a hand rub can relieve the effects brought on by excessive use of a computer keyboard. In just 5 - 10 minutes, one can experience much-needed relief; this benefit only compounds the popularity of hand massage therapy among people of all ages.

If you're familiar with reflexology, you know that a hand rub can bring relief to the stress and tension found in various other parts of the body. As stated earlier, it has been found that different parts of the hand have "access" to other - often distant - parts of our body.

So during a hand rub, the area receiving the pressure is certainly being targeted, but so are the other parts of the body that "link" to that area of the hand. A trained massage therapist can treat neck and head pain, arthritis and poor circulation by honing in on specific areas of the hand while administering a hand massage.

A hand rub - correctly administered - provides relief to various parts of our upper, middle and lower body. A combination hand massage can effectively be used to address the effects of:

- Symptoms associated with cold and flu;
- Back pain;
- Problems with our immune system;
- Addiction and craving;
- Sexual energy reflexes;
- Mental stress and energy.

Chapter 1: About Stress Balls

Fun, colorful and considered useful in squeezing out the stress that builds up during the course of the day!

As stress is agreeably one of the biggest health problems amongst Americans, interest in stress balls is on the rise. Many people work jobs that are mentally and physically taxing. Anyone who works in customer service, in a cubicle, stands on their feet all day, etc... Certainly can experience stress during the day. Pressing a stress ball can aid mental distress!

Stress related illnesses are rising very fast. A person facing constant and regular occurrence of stress can cause harm to the body. After a long journey, after long meetings and maybe after a long tiresome day, the best way to get relieved from the tension and trauma can be the use of Stress Balls.

It is an object that is used to help relieve stress by exercising the muscles in the hand.

This is a soft, supple toy made out of a soft material and is usually not more than 2-3 inches in diameter. Its main features is that it can fit in the hand easily, allowing a user to squeeze it out of shape while providing some resistance to force the muscles of the hand to work.

Stress Balls are also very popularly and useful for mental stress relief; it helps by giving people a tool with which they can work out physical aggression and stress. It is frequently recommended as a stress management tool for those working in demanding jobs.

Just as they are useful for emotional strain, these balls are also useful for solve physical tension too. Physiotherapists use simple devices to help people bend, loosen and stretch the muscles in their hands. The use of one of these balls can reduce the amount of strain that is caused by continuous tasks like typing, and it also helps to develop hand strength. For patients who have experienced strokes and other neurological problems, Stress Balls can be used as a physiotherapy exercise to help these patients recover his/her hand and finger mobility.

Any type of fillings can be used for these types of balls. The main feature of the stress balls is that it should be firm, with a slight softness to it, forcing the people to work to deform the ball.

Chapter 2: Benefits of Stress Balls

Many may ask, what can one little squeeze ball do to release this continuous sensation of weight on your shoulders, from stress. In reality, stress ball will benefit you in different ways to overcome anxiety in your life. The advantages of stress balls, as related to your health:

Relieve Tensions

When you squeeze the ball, the muscles in your arm and wrist contracts and tighten up. When you release it, these muscles calm down releasing your tensions.

Stimulate Nerves

Hands have many nerves in them which are linked to your brain. The moment you squeeze the stress ball, the nerves in your hand gets activated. In this way, it stimulates parts of your brain, and the release of endorphins which deal with stress improves mood and combat pain.

Distracts Attention

Playing with a stress ball and clasping it can enable you to take your mind off from whatever is upsetting you, giving your brain a chance to relax for a couple of minutes.

Prevent Repetitive Injuries

Activities like typing on the computer, playing melodic instruments plus using cell phones can bring about hand or wrist injuries over some period. Using a stress ball, you can strengthen the muscles in your wrists and hands, and retain their flexibility for avoiding such injuries.

Do Stress Balls Really Work?

Stress balls definitely work, and there is evidence to back it up. When you get worried, your mind has two channels. A sensory channel that includes; sight, sound, touch, and smell. The other one is an intellectual channel that tries to comprehend just how we feel and place it into context.

At the point when your sensory channel is blocked or occupied, your experiences are not as severe or striking as it seems, the point at which you are physically involved with something (like squeezing the stress ball) your mind is not concentrated or focused around whatever is worrying you. This is the reason some of the best stress reducers involve physical activities.

Research has demonstrated that our brains absorb and process a great deal of data that gets through our hands. That is the thing that makes stress balls so compelling. While

squeezing a stress ball, your cerebrum needs to utilize many of its resources to process the sensation and movement coming in from your hands. This implies it has fewer resources to allocate to your stress.

Stress Balls - A Type of Meditation

When using Stress Ball, it is best to regard it as a type of meditation. To be exact, you focus on the stress balls with the goal that you are not stressing over anything else. Sense them in your hand and feel the weight. Whether you squeeze them or roll them around in your hands, see how they feel in your palm and your fingers. Focus on placing your worries into your hand, at that point depositing them into the stress balls, just as they are retaining all that stress and eliminating it away. By putting the whole weight of your thoughts into your stress balls, you can rebuff the distressing feelings and concerns by just placing them into an inanimate object that does not see the stress. Then, as soon as you are done, you should feel as if a weight has been lifted and your brain is cleared.

Physical Therapy and Stress Ball

Did you know that 18 muscles are used every time you need to move your wrist, hand, and fingers? Your hands play out a variety of primary tasks every day, from grasping the steering wheel, to holding a glass, turning knobs of doors, using a cell phone, playing video games to typing on a keyboard. They additionally offer help as you lift things or exercise with weights. In physiotherapy stress balls are used for following purposes:

Prevention of Injuries

Stress balls build ability and strengthen your muscles thus reducing the risk of injuries. Using the stress balls regularly and frequently helps with avoiding any injury who are prone to damage by increasing the hand muscles and wrist. You will need these muscles if you are an individual who values and enjoys sporting activities and an active lifestyle. This is required to ensure that they are competent in withstanding the pressures and stress related to your activities, such as baseball, golf, etc. However, these muscles can be weakened or harmed from terrible posture, pressure on the joints or repetitive actions which can affect to dysfunction or agonizing disorders of movements like in tendonitis, carpal tunnel syndrome, arthritis of hands/wrist or tenosynovitis.

Improves Circulation

The contraction in addition to relaxation of the fingers and wrist while pressing the stress ball increases blood circulation to those areas. The squeezing action enhances blood circulation, improves muscle functions, and expels toxins as well as other waste products from the body.

For Improving Muscles Tones

Most of the physical therapists use stress balls to enhance muscle tone of wrists, fingers, and hands. Stress ball also at times contains distinctive sorts of medicated gels that are utilized for varied purposes. The different gels provide different resistance and assists in strengthening the muscles.

In Treating Joint Disorders

A stress ball can aid in treating joint disorders of hands like in the case of arthritis pain management. It helps to relieve off the pain that emerges from a joint related issue.

For Managing Children with Attention Deficit Hyperactivity Disorder (ADHD)

Consistent use of a stress ball helps treat kids experiencing ADHD. It additionally manages shaking and restless fingers. Stress ball also enables the child to enhance their attention and listening abilities and concentrate.

Autism Therapy

Stress balls help direct self-stimulatory and manage the conduct of autistic kids. Children can figure out how to press the ball and create intellectual abilities. It is also a great option used as a part of occupational therapy. Consistent use additionally causes a child to get rid of tension and irritation.

Chapter 3: Stress Ball Exercises for Your Hand

How to Use A Stress Ball?

Performing basic exercises with a stress ball can assist in decreasing the risk of injury, increasing flexibility and building strength in the muscles of your wrist, hand, and finger. It can also be effective to improve performance for daily errands or sports along with the rehabilitation of hands and fingers. Please note to perform all exercises only as tolerated. Here is the proper way to use it:

Roll it

- Place the stress ball on the table.
- Roll the ball by curling your fingers towards your palm
- Hold for 3-5 seconds then extend your fingers and hold for 3-5 seconds
- Repeat ten times with your both hands

Palm Press

- Place the stress ball in the middle of your palms, keeping your forearm in a vertical position
- Press and hold for 3-5 seconds, then relax
- Repeat ten times

Full Grip

- Hold the stress ball in your palm and squeeze it as hard as possible
- Hold for 3-5 seconds, and then relax
- Repeat ten times, rest for 1 minute and then repeat with the other hand

Pinch Grip

- Pinch the stress ball between your thumb and the tips of your fingers
- Hold for 30-60 seconds
- Repeat ten times with both hands

Finger Grip

- Place the stress ball between the tip of one finger and the thumb
- Press and hold for 3-5 seconds, then relax

- Repeat ten times with each finger, rest for 1 minute, then repeat with the other hand

Thumb Press

- Place the stress ball in your palm
- Press it with your thumb pointing towards your little finger and hold for 3-5 seconds, then relax
- Repeat ten times, rest for 1 minute and repeat with the other hand

There are several specific exercises that a stress ball can perform to strengthen your fingers and hands:

Grip Strength

- The middle of your palm should hold the stress ball
- Squeeze the stress ball while it is wrapped on your fingers
- Hold for two to three seconds, then relax
- Repeat this then pause for one minute
- Do this for 3 times then change hands
- Squeeze the stress ball for ninety seconds and rest for thirty seconds as your endurance increases

Pinch Strength

In order to hold stuff between your indexes and thumb finger you need to strengthen your pinch to improve your ability.

- Place the ball between the tip of your index finger and the tip of your thumb
- Hold for two to three seconds while squeezing them towards each other, then relax
- Repeat then rest for one minute. After repeating it three times - switch hands

Opposition

Thumb opposition -- the thing that separates us from other mammals -- allows you to touch the tip of your thumb to each of your fingers. This is important because it allows you to hold objects of different sizes and manipulate tools -- like your curling iron -- with one hand while you text on your smartphone with the other hand.

- Hold the ball between your middle and thumb finger and squeeze for 2-3 seconds, then relax
- Press ten times
- Repeat between your ring and thumb finger and pinky and thumb finger

Twisting

Improve your ability to twist the top off your drink with this stress ball exercise.

- hold the ball loosely in the palm of your right hand
- Place your left palm on top of the ball and wrap your fingers around the ball
- Hold the base of the ball secure with your right hand
- Twist your left hand against the resistance of the ball and hold for two to three seconds, then relax
- Repeat 10 times, then switch hand positions and repeat

Tips for Using Stress Balls

- Consider stress balls as a type of meditation
- Make sure to thoroughly concentrate while squeezing the stress balls and do not get diverted
- While squeezing the stress balls or moving them in your hands, pay attention to the sensations you get on your hand
- Focus on putting all your anxiety and stresses into your hand and from that point transfer it to the stress ball
- As soon as you're done, make yourself clear of any stress and stay optimistic

Conclusion

Going through different kinds of stress is very hard and it can have serious impacts on someone's health and lead to relationships strain. It may seem pointless to many when they think of using a stress ball. It is important to try using a stress ball and see its importance after relieving your stress through recreational activities, gardening, music therapy, and house work and so on.

The stress ball has many benefits and uses, enables one to relieve stress as it acts as a form of exercise and manipulates the fingers. It is made in various sizes and shapes to suits everybody's needs. They are made in different shapes and sizes to suit the individual's needs. These stress balls can be based off the individual's desires and even come in different themes.