

Blue Pearl Medical Massage, llc.
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For repetitive stress in the forearm and wrists

1. Massage arms from fingers up to the elbows.
2. Build strength with a tennis ball by squeezing and releasing several times a day.
3. Press tips of fingers together and into each other.
4. Shake out finger and wrist several times a day.

Tight pecs or rounded shoulders

Stand close to the wall/doorway, facing it, at a slight angle (about 30degrees). With elbow straight and hand on the wall. Press your shoulder (front indent by the top of arm where shoulder, arm and chest wall meet) into the wall.

Lengthen both sides of your body from the hip to shoulder. Keep firm contact with the wall, breathe and deeply turn your body away from the wall by rotating your feet away from the wall. Keep the shoulder indent in contact, the abdominal muscles strong and tailbone tucked, lift the breastbone and hold the head high.

While holding this stretch take 3-4 breaths then release and repeat on other side.

Supported gentle chest opener

You will need a pool noodle for this. Lay face up on the floor. Place the noodle under your back. You can start at your shoulder where it meets your neck meets or on your low back just above your hips. The object is to place the noodle in one spot for 3-4 good long breaths and then move up or down the spine depending on where you started. (I usually do one day up the spine and the next day down the spine) It should not be painful. A little sore and stretching feeling is okay. The movement is slow and gentle moving one vertebra at a time. Another option is to place noodle just under scapula (wing bone on back) and rest for 6-7 deep, long breathes to open the chest.

Seated arm shoulder neck stretch

Sit in chair that you can reach under the seat, from the side, while seated (use a dining chair or task work chair – no arm rests). Sit in the chair and reach one arm/hand under the seat from the side and then while holding seat, lean slightly away. Lean away from that holding hand till you just start to feel a sensation of the stretch. Once you have engaged the slight stretch, allow your head to move away from the holding hand (this will intensify the stretch but still should be very gentle). Take 3 breathes in this position. If you are at the correct intensity you should feel a relief of intensity in these 3 breaths. If it stays the same or intensifies you have over stretched to hard/far. Ease up take 3 more breaths and see if it changes. This is a fascial stretch. What does that mean? It means you need to be gentle, go slow pay attention to the small tension pattern and play with it. Not the big OMG pain tension pattern. Be patient, if you pay attention to the smaller tension pattern you will get big letting go and reduction of pain and greater movement without pain. Once you have had a few small let goes on one side repeat the process on the other side.

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Forearm release

Rest one forearm on firm surface (palm up). Take your other forearm and place it on the resting forearm (be sure to use the meaty part of your forearm) closer to elbow. The movement is, press to the resistance and then slightly push away and take up the slack. Maintain constant contact and pay attention to what is happening to the forearm you are pressing. Take 3-4 good long breaths, it should relax a little. Release the hold and move down the resting forearm and repeat.

Keep repeating till you get near the wrist.

Repeat again elbow to wrist but this time press and take up the slack by moving toward you.

After you complete that, turn the resting forearm palm down. The technique is the same: press and take up the slack with the movement only towards you (never, push away as it compresses the bones together).

Once you complete that series switch to other forearm and repeat the whole series on that forearm.

General Rules:

Remember to keep breathing through the releases and pay attention to what you feel.

A little soreness is okay, but pain or spasms mean you are pushing too hard in the release, soften what you are doing.

With each release, by the time you've taken 2 breaths, it should feel like it is softening a little. If you don't feel relief or release, next breath, back off the pressure till you do. This is about paying attention to the small tension patterns and getting them to let go.

Please call if you have any questions.