

# Use It Or Lose It

*There is help for your PAINFUL joints  
Prepared by Reflexologist Denise Orr*

## OVERVIEW & PURPOSE

Our Hands and Feet work continuously from when we are born. As we all age our skin gets thinner from a lack of collagen, so the padding that protects the bones thins out and causes pressure pain. Excess uric acid and calcium deposits which are our rubbish normally leave our body through our lymphatic system, sweating, going to the toilet 1 and 2, coughing and sneezing to eject unwanted objects from entering our lungs, tears in the eyes, wax in the ears. So I have a few Selfhelp tips and exercises for you to try. I will start with our hands and fingers.

## EDUCATION STANDARDS

1. Reflexology Practitioner
2. AromaTherapy Massage certIV
3. NeuroKinetics And 20 years of experience.

## OBJECTIVES

1. This information is to show Selfhelp Techniques to help yourself. It is easy and doable.
2. To help relieve pain in our joints and knuckles.
3. Over time this does help control and reverse [to a degree] the Arthritis, inflammation and pains in your hands, the key is being CONSISTENT.

## MATERIALS NEEDED

1. Cream or Base oil with or without essential oil of choice
2. Printout for diary or paper a journal or your phone's notepad.

3. Ten minutes on a consistent basis, with your arms and hands.
4. These notes or watch the video.

## ACTIVITY

Wash your hands, pat them dry, use lotion cream or a base oil with a drop of essential oil. Rub the lotion in your hands, between your fingers up around your elbows, these often get forgotten and are dry.

Stretch a fan shape with the fingers then close to a fist hold for 3 to 5 secs open stretch fingers again, repeat 5 times

Touch each fingertip to the thumb tip nice and slow hold 3 secs go to the next finger do all four fingers. If reaching the tips together is painful or you cant quite touch, hold at the pain point as far as comfortable for you. Repeat 5 times.

Hold your finger at the base of the knuckle rotate it clockwise 3 times then anti-clockwise 3 times, all 5 fingers on both hands.

Rub up and down all 4 sides of all fingers and thumbs spend more time on each knuckle, if a joint is swollen and red and or painful be gentle but still manipulate it.

The redness and swelling is inflammation and that means your body is trying to heal that part, now you are helping the healing process by rubbing the uric acid particles away from that joint, but if its painful only press to your pain point, there is no need to keep persevering with pain, as doing these exercises slowly comfortably and consistently gets the healing process moving in a much better way than hurting yourself and stopping the exercises.

Use your thumb or fist to go over the palm of the hand and the wrist, this pressure will help relieve some carpal tunnel syndrome symptoms. It's always nice if someone else can do this 10mins a day or every 2nd day, so you can close your eyes and meditate on how good your hands, fingers, and joints will be. But don't use that as an excuse not to do the exercises they are easy enough for self-help. Try to choose a time that's convenient for you, like while watching the news or waiting for dinner to cook.

Be consistent, do at your own pace as everyone is different, let me know how you go, and any questions, I will try to answer promptly.