

# Mini Soft Ball Hand Treatment

Ball: Large Soft



**Note: Do each technique on both hands before moving to the next technique.**



## Grip Assess



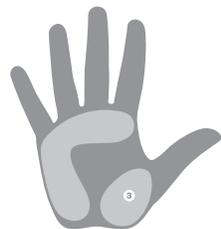
Place a large soft ball in one hand and squeeze it three or four times as firmly as you can. Then place the ball in the other hand and notice whether your grip feels equal in strength or if you have a stronger grip in one hand than in the other.



## Glide



Place the large soft ball in between your hands at the base of your palms or Glide on one hand at a time. Glide the 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 soft ball under point 3, the thumb pad, on your right hand and create small circles as you take three or four 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. Repeat on the left hand.



## 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, as shown. (This also stimulates point 4 on the top hand.)

Repeat on the other hand.



### Friction

Place the large soft ball in between your hands and rub lightly in a scribble-like motion. Be sure to include your fingers and wrists.



### Grip Reassess

Remember what your grip strength felt like when you began and repeat the Grip Assessment by squeezing the 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?

