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# QiGong Movements For Hands And Wrists

QiGong Movements

For

Hands & Wrists

Revision II



Compiled by Mary J Case  
Photos by Richard J Case



## Synopsis

We use our hands and wrists for so many things in our daily lives. An increasing number of hand and wrist issues arise with everyday tasks, repetitive use, or due to aging. Our ever expanding use of new technologies seems to be adding to these disorders. Whether it is arthritis, computer use, texting with your thumbs, or simply daily functions that are the cause of your discomfort or pain, these QiGong movements may help. They can increase circulation as well as maintain flexibility. They can improve range of motion in your hands and wrists, disorders that plague us in our natural aging process. QiGong movements for your hands and wrists can be done anytime and nearly anywhere. These gentle exercises or movements have been used for thousands of years to aid ailing wrists and hands. This booklet contains a number of specific QiGong exercises to use for hand, thumb, and wrist discomfort.

## Book Information

File Size: 559 KB

Print Length: 45 pages

Publisher: Mary Case; 1 edition (July 6, 2013)

Publication Date: July 6, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00DTXDQG0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #340,406 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #221

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## Customer Reviews

I have noticed a big improvement with my hands. There is less pain in the fingers, and the trigger finger is not triggering as often as it was before I started the exercises. I had asked the doctor if there was any exercises I could do to help my problem...he gave me what turned out to 1/2 of an

exercise that is in this book! That would never have helped. He is no longer my doctor. I do not know if the exercises will eliminate the need for the surgery, but I firmly believe it is making the hands stronger and even if I end up having the surgery I will be starting from a stronger place, and will know what exercises to do to aid recovery. Thank you for the help.

Big waste of a \$1.....

For the price this is an excellent little booklet of 18 simple hand movements, that you can do anywhere at anytime, such as work or in front of the tv. (With photos )I suffer from achy hands and these movements of pounding together your thumbs or back of hands are something I never would have thought of. Try it, you will like it.

Small but mighty for hand health. Clear instructions and ample pictures and diagrams. I highly recommend this little book. It worked well on Kindle too.

This is so simple to follow and do each day, I love this book. When things are simple and easy you will do them and your body benefits greatly for you doing this. I am so glad that I kindled this book.

Thanks

A lot of movements for your hands, some of them a bit strange. Some of them might be helpful to maintain flexibility if you have mild to moderate pain and stiffness.

Simple "exercises" feel like therapy for your hands. The benefit is felt immediately. Hands feel energized and loose.Thank you.

Love these exercises! I had bilateral carpal tunnel release surgery and these are helping my recovery very nicely.

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