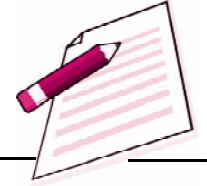


Practical 17



Sukshma Vyayama (Hand Joints)



Note

Hand joints practices have **very good impact on upper back and shoulder joints.**

Aim

To perform the series of Hand Joints.

After completion of this practical, you will be able to perform and demonstrate these series of practices in the appropriate format.

Requirements

- Yoga mat -1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

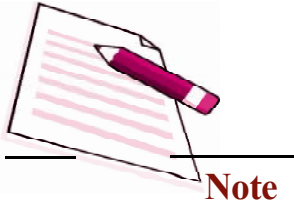
- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, wrist watches, belt etc before practice.

All the practices of S V are performed while sitting on the floor in the initial position (*prambhik sthiti*). The body should be relaxed and only those muscles associated with the asana being used.

Prambhik sthiti (Initial Position)

- Sit with the legs outstretched in front and palms on the floor beside the hip, fingers pointing backward.
- Head, neck and back should be in a straight line, and take support of the arms.
- Close the eyes and relax the whole body.
- It can also be practiced in other sitting positions or chair sitting position or in standing position also.





Practical 1 : Hand Clenching

Method

- Sit in the base position or a cross leg posture. Stretch both arms in front of the body at shoulder level and palm facing downward. Open the hand, and stretch the fingers wide apart as possible.
- Close the fingers and make a tight fist with thumb inside. Repeat it ten times. Inhale at the time of opening and exhale on making the fist.



Fig.17.1: Hand Clenching

Practice 2: Wrist Bending

Method

- Remain in same starting pose. Stretch the arms in front of the body at shoulder level. Keep the arms open and downward and fingers straight throughout the entire practice.
- Bend the hands backward from the wrist as we are pushing the wall.
- Bend the hands forward from the wrist so that fingers point to the floor.
- Keep the elbows straight throughout the practice and do not knuckle joints or fingers as in Fig.17.2



- Repeat it for ten items.
- Inhale with the upward movement and exhale with the forward movement.



Fig.17.2: Wrist bending

Practice - 3 : Wrist Joint Rotation

Method

- Remain in the same starting position.
- Make a fist with the right hand with the thumb inside.
- Slowly rotate the fist about the wrist. Make sure that the palm faces downward throughout the rotation. For the support one can hold right hand by the left hand. The arms and elbow should remain perfectly straight throughout the practice.
- Make a large circle as possible as shown in Fig.17.3.

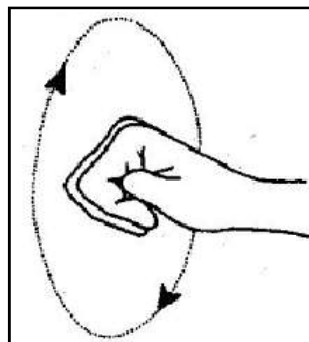
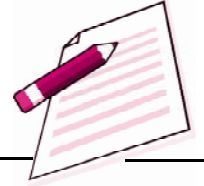
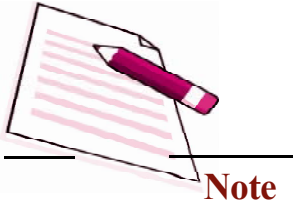


Fig. 17.3: Wrist Joint rotation



Note





- Practice ten times clockwise and anticlockwise.
- Repeat the same with left fist.
- Inhale with upward movement and exhale in downward movement.

Practice 4 : Elbow Bending

Stage 1:

Method

- Remain in same initial position. Stretche out arms in front of the body at the shoulder level and palm facing upward.
- Bend the arms at the elbows and touch the fingers to the shoulder.
- Straighten the arms again. This is one round.
- Repeat for ten times.

Stage 2:

Method

- Extend the arms sideways at shoulder level, hands open and palms facing the ceiling.
- Bend the arms at the elbows and touch the fingers to the shoulders.
- Again straighten the arms sideways.
- Repeat ten times.
- Throughout the practice arms remain parallel to the floor, elbows at shoulder level.
- Breathing: Inhale while straightening the arms exhale while bending the arms.



Fig. 17.3: Elbow bending



Practice 5: Shoulder Socket Rotation

Method

- Remain in same initial position.
- Place the fingers on the shoulders.
- Rotate the shoulders with both elbows at the same time in a large circle.
- Try to touch the elbows in front of the chest on the forward movement and touch the ears while moving up. Stretch the arms back in the backward movement and touch the sides in trunk while coming down as shown in Fig. 17.4. Practice slowly 10 times clockwise and anti clockwise.

Breathing - Inhale on the upward movement and exhale on the downward movement.

Awareness – On the breath, mental counting and stretching sensation around the shoulder joints.



Fig. 17.4: Shoulders Socket Rotation

Benefits - This asana relieves the strain of prolonged sitting.

It is helpful in cervical spondylitis.

It is also good for respiratory and postural muscles.

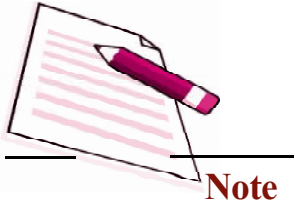
Effects and observations

- Perform all Hand joints practices as mentioned above daily for 8 days and observe the effects



Note





Physical effects	D1	D2	D3	D4	D5	D6	D7	D8
Difficulty in stretching								
Stiffness								
Sensation of warmth								
Muscular knots								
Cracking sounds								
Relaxation								

- ✓ or × under physical effect and submit the record.

Observation

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Remarks

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(Signature of the Instructor)

