

SHEET 12 Tips for forearm, hand and wrist pain

- **Myofascial stretch:** bend your arm at the wrist and stretch your arm out, imagining that it is elongating like a telescope. Now take your ear to your shoulder so that you are also stretching your neck on that side. Fine-tune the stretch with small movements until you find the point that feels really good. Tune into your



Figure S12.1

body and breath and follow any movement that feels helpful. Wait and hold for as long as feels comfortable. **See Figure S12.1**

- **Trigger point release for forearms:** use a tennis ball, golf ball or spiky ball to apply pressure to the forearms (both sides). If you find any tight or tender parts wait and hold until you feel the pain releasing. **See Figure S12.2**
- **Modify activities and take more breaks:** modify any hand intensive activities to give your hands and arms a break, e.g. call rather than emailing, use your non-dominant hand for everyday activities, or find different ways to do those things that normally cause you pain. This allows the body to calm down any pain signals. Also allow yourself to take more mini-rest breaks, e.g. if you do intensive computer work, stop every 30 minutes or so for 5 minutes and take a walk or stretch break.

Self-care resources

- **Exercise:** always helpful! Find something you enjoy, e.g. yoga, swimming, cycling, running, dancing, etc.
- **Meditation and relaxation:** many hand and wrist problems are exacerbated by stress and tension. Taking time to do short regular meditation or relaxation sessions can really help.



Figure S12.2