

FREE REPORT ON  
**FINGER, HAND AND WRIST**  
**PROBLEMS AND HOW TO TREAT THEM**

COMMON HAND PROBLEMS AND  
HOW TO USE COMPRESSION GLOVES



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**FREE REPORT ON:  
FINGER, HAND AND WRIST PROBLEMS  
AND HOW TO TREAT THEM**

**COMMON HAND PROBLEMS AND  
HOW TO USE COPPERJOINT FINGERLESS GLOVES**

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## I. INTRODUCTION



We are a complicated engineering masterpiece! Our understanding of the physical body includes a data of the engineering that goes into creating it work. Our joints alone are glorious samples of feats of engineering wherever muscle and bone work side-by-side (literally, as well) so as to facilitate motion.

Our bones meet in sheaths of gristle that keeps the bone ends from making friction by rubbing against one another, whereas the muscles, tendons and ligaments facilitate movement of the bones because the muscles flex or tighten. All of this permits us to try to do things like grip and switch doorknobs and do other things with the joints in our fingers, carry things through the work of our wrist joint, shoulder and elbow joints, and walk, jump, run, and climb due to the joints in our hips, knees and ankles.

Although you felt utterly healthy a few of years back this could not be the case currently. Your bodies, rather like machines don't continuously work like they used to be. Let's say you are great in sports back then, that will not be the case forever. You will feel certain things like soreness in your arm which doesn't get away that easily. Or maybe your job needs an innumerable movement of your hands, which ends up in swelling at the wrist, fingers and all over;

Well, with all these conditions, **there should be a solution to your hand, wrist and finger problems.**



## **STATEMENT OF THE PROBLEM: DO COPPERJOINT FINGERLESS GLOVES WORK?**

Whatever the origin, whatever the actual injury of your hand and wrist pain, the mission is to stop it from recurring or at least minimize it to the point that you can live comfortably with the pain. Nobody wants a life on hold because of wrist, hand and finger pain. Especially if you use your hand a lot in your work, like typing in a computer. The goal? Restore at least 90% of mobility and full functionality of your hands. As a

pianist who needs maximum joint articulation on your hand.

The Ultimate question then is: **Will These Fingerless Gloves Work To Help With my Hand, Wrist and Finger Pain?**

**That's what we will find out in this FREE REPORT!!!**



## SCOPE AND LIMITATIONS

This Free Report is a simple guide that will give you steps and information to have better overall **hand health**. This will discuss in detail common types of ailments that cause pain in the area, the syndromes and potential injuries that cause finger, hand and wrist joint pain, things that people have unsuccessfully been attempting to alleviate pain – and, of course, the best practices of people who have relieved themselves of chronic hand pain. You will be excited to find out how yoga and other methods can help you strengthen your hands.

This Free Report is not a comprehensive database of knowledge on how to alleviate hand pain though. It is limited to the said topic of discussion mentioned above. Doctor consultation is recommended.



## Different Finger, Hand and Wrist Problems



There are many TYPES AND CAUSES of finger, hand and wrist problems. Although the most common cause is carpal tunnel and rheumatoid arthritis there are some conditions which you might want to take note.

### Here Some Common Problems:

#### TENDINITIS and BURSITIS

Repetitive gripping with the hands over time can stress these tendons, causing them to **swell and bringing about discomfort and pain in the wrist**. The level of stress and damage will vary according to how long this on-and-off gripping has been going on, but cumulative tugging on these tendons will nevertheless be the likely culprit behind the microscopic tears that can form there.

Bursae are fluid-filled sacs in our joints. They surround the area where tendons, skin and tissue meet. They help lubricate the joints during movement. The bursae become inflamed due to several reasons which can cause uncomfortable pain on your fingers. **Bursitis limits the movement on the joints**. Symptoms include swelling, redness, pain and thickening of the bursae. The most common cause are tears due to sports related activities.

#### OA and RA

The cartilage that is found at the ends of our bones wears down as we grow older. The cartilage is meant to protect and cushion the bone itself, but when it wears down, the bones end up causing a bit of friction every time they come into contact. **Osteoarthritis (OA) is an ailment that can affect any of our joints. This is no different in our hands as it comprise of so many joints.**



Rheumatoid arthritis (RA) has further-reaching potential complications that merit attention as well. The inflammation it causes is drastic enough to affect vital organs and even one's endocrine glands. **As an autoimmune disease, rheumatoid arthritis tends to be medically addressed by drugs that suppress the immune system**. With the drawbridge deliberately lowered like this, one's susceptibility to infection

increases drastically. Even beyond this, the medication and pain-limited physical activity can contribute to the gradual stripping of bone matter, which could lead to bone thinning and possible osteoporosis down the line.

## Thumb Joint Pain

Thumb joint pain is recognizable thanks to what its name suggests – pain in the thumb joint – usually in the form of stiffness and difficulty in gripping. Tenderness and swelling in the area are likely to accompany these problems when this sets in. As the ailment progresses, range of motion, dexterity and ability to perform tasks will be impeded.

Gripping door knobs to turn them, maintaining a hand grip on something picked up, and so on – these will typically become progressively more difficult due to problems with closing the thumb on the grip due to inflammation, and pain rendering keeping the grip impossible. Either way, it is urgent to deal with these symptoms as quickly as possible in order to regain this lost range of motion, not to mention the ability to perform basic everyday tasks that is lost with the



**END YOUR PAIN**

## DE QUERVAIN'S SYNDROME



De Quervain's Disease

One potentially unfamiliar such malady is De Quervain's Syndrome. You might not have ever heard of it, even though you might have actually felt the symptoms. Alternatively, you might be more familiar with an alternate name for this issue. For instance, one such alternate name is **New Mom's Syndrome** – while some might be eager to just call this De Quervain's Syndrome instead in order to avoid the stigma, but the name actually conveys the main cause behind it. In their case, new moms are constantly adjusting to picking up and cradling their babies, which results in the condition developing and thus causing pain.

### 2 Forms of DQS

A more technical name for *De Quervain's Syndrome* is tendinopathy, and indeed it takes two forms, particularly **(1) De Quervain's Tendinitis and (2) De Quervain's Tenosynovitis**. The simple truth of it is that De *Quervain's syndrome is essentially an overuse injury, resulting from chronic overuse of the wrist. The main part of the wrist that gets affected here is the tendons*. As one might know, tendons are the rope-like structures that connect the muscles to the bones that form the joints. Gripping anything with your hand pulls on tendons in the wrist and lower thumb, which typically glide smoothly through a tunnel in the hand that links them to the base of the hand. This is normal functionality, but all normal functionality in the body can be stressed if done too much.

## **CARPAL TUNNEL SYNDROME**



This condition is when the median nerves are compressed. It is located on the palm side of your hand. The median nerve is also called the carpal tunnel. It provides sensation to your thumb and all other fingers. It can occur in one or both hands. Swelling causes the condition and can lead to numbness, weakness and tingling near the thumb. Some of the most frequent conditions that are linked to this condition include diabetes, thyroid dysfunction, high blood pressure, fractures to the wrist. It can be made worse if the wrist is repeatedly overextended.

## **SYSTEMIC SCLEROSIS (Scleroderma)**

When a joint is sprained, there has been damage to the ligaments that connect the bones together. Scleroderma can be bothersome. It is an autoimmune disorder that attacks the body by destroying the healthy tissues. SS is seen by changes in skin texture and appearance. It may affect the skin at an early stage but can include other symptoms like joint pain, hair loss, diarrhea and others.



## **DORSAL WRIST IMPINGEMENT**

If you are a gymnast this is the most common injury that you can experience. It is because of repetitive combinations of hyperextension and axial loading. The extending or straightening of the joints beyond its normal range of motion and placing too much force on the wrist joints can cause dorsal wrist impingement. You will usually experience this type of injury during routines like walkovers and handsprings. If you do a lot of vault or balance beam, the injury can intensify because of the weight you put on the wrist specifically during a handstand. The symptoms are felt when there is pain and tenderness on the backside of the wrist. This pain usually subsides after the routine.



## FIGHTING HAND PAIN with CopperJoint Fingerless Gloves



**CopperJoint Fingerless Gloves** is one of the latest additions to the product line of CopperJoint. It mainly promotes proper circulation of the blood in the area; if that doesn't sound like a significant enough benefit, do think twice. **Good circulation in the hands is actually more important than one may realize.** The number of joints in the hands if stiffen because of poor blood circulation can cause literally immobilize you and leave you no mercy and let you experience more pain.



The CopperJoint Fingerless Gloves help improve the blood flow. It is made with 88% copper infused nylon and 12% spandex. Said this, our fabric is certified at more than 1000 ppm (parts per million, a way of quantifying small mass concentrations) of Copper. To our knowledge, not only we have the highest content of copper on the market, but since we use a patented infusion technology, our product is the only one on the market embedding Copper Ions (Cu+ and Cu++) in the fabric instead of Copper Oxide (like most other brands). The compression level for the is at 15-20mmHG.



Also the CopperJoint Fingerless Gloves have anti-biofouling and antimicrobial applications/properties; embedding Copper into the fabric definitely helps keeping the sleeve odor free and clean from germs, and your skin can only benefit from this. In addition the benefits of wearing compression garments are:

- Helping relieve pain from muscle stiffness and soreness.
- Reducing the time taken for muscles to repair themselves
- When the right amount of compression is used (will vary depending on body area, typically in the range of 10 to 25 mmHg), improving venous return and oxygenation to working muscles.



[Shop For CopperJoint Copper Fingerless Gloves HERE!](https://www.copperjoint.com)



**So, do not just think of the Fingerless Gloves as a Decorative accessory while you go to the gym or bike. It is something more which can really help you fight hand, wrist and finger pain problems.**

**[Shop For CopperJoint Copper Fingerless Gloves HERE!](#)**

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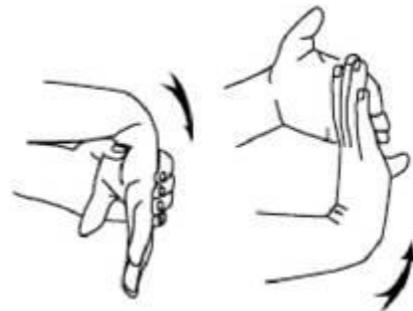
## 7 Strengthening Exercises for the Wrist, Hands and Arms

These exercises can be done thrice a week to keep the hands, arms and wrists in good enough shape to help facilitate other workouts.

1. **Finger flex** – make a complete, closed fist and hold for 30 seconds. Open and stretch the fingers, then close to a complete fist again. Do two sets, totaling one minute. You can do this one hand at a time or simultaneously.



2. **Wrist flex** – flex the wrist fully, and hold this in place for 30 seconds. Keep the elbow straight but do not lock it. Do two sets, totaling one minute. You can do this one hand at a time or simultaneously.
3. **Wrist extend** – keeping the elbow straight, extend the wrist for 30 seconds. As before, do two sets, totaling one minute. This exercise and the above two will help prepare the hand and wrist to sustain the intensity of the exercises that will develop the forearm.



4. **Wrist hammer curls** – This is meant to develop the *brachioradialis* muscle, which is helpful since a heightened hypertrophy for the muscle will give the forearm better balance and definition. Sit down and keep your back straight. Lay your forearms on your thighs, thumbs pointing up. Hold a 5, 10 or 20 pound weight in hammer position, and slowly lift the weight back and forth. Do 3 sets of 20 reps.



5. **Wrist straight curls** – This develops the flexor muscles. Sit down with back straight, and put your forearms on your thighs with palms facing up. Hold a 5, 10 or 20 pound weight in hand and flex the wrists upward, while keeping the forearms stably placed against the thighs to isolate the wrist and forearm for the exercise. Remember to keep the wrist some three or four inches away from the knee so you don't reduce or compromise your range of motion. Three sets, 20 reps.

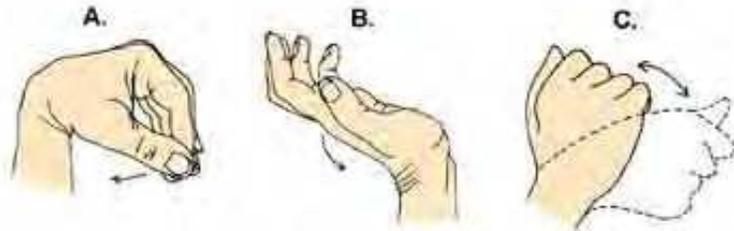
6. **Reverse wrist curls** – Rather than the flexor muscles, this develops the extensor muscles. This is the same as the wrist curl exercise except the palms face downward. The wrist must still be three to four inches from the knee.



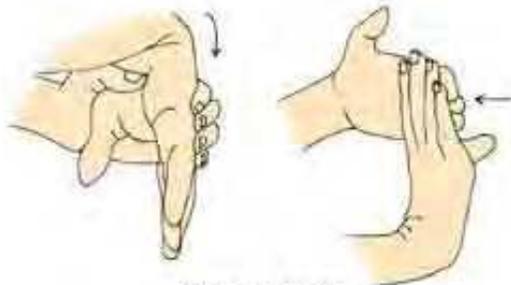
7. **Finger curls** – this develops strength in the fingers and hands. Sit down and hold a 5, 10 or 15 pound weight in hand, and turn the hand to make the palm face upward and place the back of your wrist down on your thigh. The weight you're holding can roll down your fingers, then you can curl your fingers back to hold the weight in place. The back of your wrist should be against



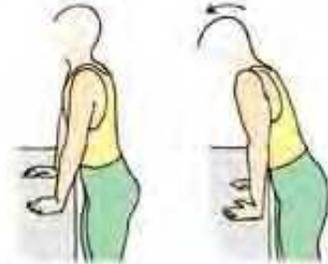
your thigh for the entire exercise so as to isolate the fingers and hand. You can choose which weight to use but pick one you can control effectively.



**Wrist: Active range of motion**



**Wrist stretch**



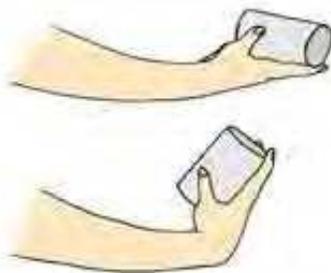
**Wrist extension stretch**



**Wrist flexion stretch**



**Pronation and supination of the forearm**



**Wrist flexion exercise**



**Wrist extension exercise**



**Grip strengthening**

## 5 Yoga Poses For Strength

Here are five yoga poses that can help contribute toward building up the wrist, a commonly-overlooked but no less workout-important body part.

### 1. Downward facing dog

One of the most common yoga poses, this has a number of benefits, including strengthening your wrists. Beginning from the table top position (shoulders over wrists, hips over knees), tuck your toes and lift your hips upward until your body forms an A shape.

Keep the fingers spread wide, pressing down through your knuckles to the mat so as to keep your wrists from being the parts to sustain the pressure. Keep the weight in the main and secondary hand pressure points and not in the palm, which can result in carpal tunnel syndrome and other problems.



### 2. Upward facing dog

Along with downward facing dog, this is a common yoga pose thanks to benefits like strengthening the spine and arms (wrists included in the latter). Don't roll your shoulders forward, or this will put strain on the arm (wrists also unfortunately included). Instead, use your scapula and roll the shoulders back and down, thus correctly aligning your arms.

If you feel pressure on your wrists, lower your upper body and move your hands away from your main body.

### 3. High plank pose

Common for most yoga disciplines including vinyasa-style classes, high plank strengthens the hips and abdomen. Make sure your shoulders are above your wrists, with the rest of your body straight and solid like the pose's namesake. Your back should not be arched. Make sure to distribute your weight through your fingers so your wrist doesn't take the strain. Note that misaligned wrists for a plank can result in carpal tunnel syndrome. To avoid this strain, lower yourself onto your forearms or use your knees for support as well.



#### 4. Upward plank pose

This strengthens the wrists and arms, and stretches the shoulders and chest. Beginning from the Staff pose, plant your hands firmly down behind the hips, fingers pointing toward the feet. Lift the hips, with legs straight, and push hands and feet into the mat to move your body upward. The latter should be sustained by pushing your shoulder blades upward, which will lift your chest upward. If you feel your wrists taking strain here, you can shift to Upward Tabletop by bending your knees and positioning your feet under them.



#### 5. (Left) Side plank pose

Starting from the plank position, bring your feet together and roll slowly to the outside of the left foot. You should be forming a straight (no dips or bends) diagonal line here from head to toe. Balance your weight on your left arm, supporting yourself by distributing the weight between the pinky and the thumb. If your wrists aren't ready for this, you can do a forearm plank pose instead.



## 4 MORE Good Reasons to Use CopperJoint Fingerless Gloves

Why try these fingerless gloves, then, aside from the fact that they look pretty sharp? Of course, there has to be a practical benefit to match the popularity – [and here are four MORE good reasons.](#)

1. **Protection.** Wearing sleeves in general can keep your hands shielded fairly well from the elements. This might be more important than you realize, as environmental temperatures and effects can have more of an impact on your injured hand than you think. Wear these while out jogging, or biking, and you may grow to appreciate them all the more. After all, while scratches and bumps might seem to be no big thing, they do add up.
2. **Warmth.** As mentioned above, whether indoors or outdoors, keeping a good temperature equilibrium going is very helpful. Covering your hands with a compression sleeve can keep them from being affected by cold air conditioning or outdoor weather. You definitely can't predict the weather, but you can insulate against it – and this is much more convenient than stripping off or putting on whole layers of clothing every time it shifts.
3. **Cleanliness.** Just like the earlier note, these pair of gloves can keep dirt and other such problems away from your hands, fingers and wrists, which reduce the otherwise-tedious need for continuously scrubbing them.
4. **Swelling reduction.** The most important benefit of CopperJoint fingerless gloves is the simple fact that they can keep swelling down, reducing both inflammation and associated pain. Keeping the injured wrist's form in one particular piece can go a long way toward making life a bit more convenient for you as you recover. Because the tightness of compression sleeves aids in promoting good circulation, the soreness of your hand might also slowly wear off.

### DO TAKE NOTE :

One thing to remember when choosing compression fingerless gloves: get a size that is right for you. Don't pick something that is loose enough to slip off with movement, but don't get one that restricts circulation – they are designed to be tight, sure, but they can certainly be too tight.

Compression fingerless gloves don't guarantee sports superpowers or even a healing factor, but they can certainly be quite helpful when it comes to keeping an injured hand under wraps and protected from outside elements. It doesn't hurt too that they're often much easier to put on or take off than your standard gloves or tape – and they do a better job too.

## CONCLUSIONS



One way to prevent injuries and lessen the pain in the hand is to strengthen it. This might come across as somewhat paradoxical and circular, given that injuries tend to happen when we're already active and exercising – so avoiding them by being active and exercising might seem a little confusing. Nevertheless, strengthening muscle groups allows these muscles to do much of the work that would otherwise

impact the joints, which are easy targets for injury given their construction.

The hands, wrist and fingers are all crucial parts of the body in performing various tasks – picking things up and setting them down, writing, steadying ourselves against a wall or similar surface – as well as for exercising. Pushups, pull-ups, weight training, and even running involve the arms to some extent, and the first three directly require good use of the hand, wrist and forearm.

It's crucial to avoid forgetting to work them out during exercise routines, so as to keep their capacity up enough that we can rely on them more consistently. After all, the forearms and wrists are instrumental in most exercises that let us build up the biceps, triceps, chest muscles and back muscles, so neglecting these can result in us sustaining more strain – and perhaps even injury – than we otherwise would if they were in better condition.

**So, what you need to do now is make our hand joints more mobile. Let's Make Our Arms Strong Again.**



**For more FREE resources on joint pain and injuries, see our eBook library:**

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## **About CopperJoint™**

This Free Report brought to you by CopperJoint™.

CopperJoint is a small business based in 1812 N Columbia Blvd Suite C15-244292 Portland, Oregon, 97217, USA, USA. Established in October of 2014, Co-Founder and CEO Jon Deal believes in the articulation of joints through compression sleeves. The main priority of the company is customer satisfaction by helping people with their daily struggle in fighting pain through their day-to-day activity, be it in sports, work, or recovery from an injury.

Copper joint combines sport science and skin health benefits for improved mobility, performance and relief. All CopperJoint™ products feature copper-infused fabric. The Infusion Process the Company uses is unique and totally different from other brands. Their technology emphasizes adding ORGANIC Copper Complex so that it is chemically bonded onto fiber macromolecule, and Copper exists in the forms of only copper ions: Cu<sup>++</sup> and Cu<sup>+</sup>.

The CopperJoint™ vision centers on creating a line of effective and unique compression garments intended to assist the body in avoiding injuries, speeding the healing process and enhancing performance under any stress or circumstance. Using an anti-slip system, CopperJoint™ ensure that their braces always stay in place, promoting joint recovery, and helping consumers to deal with the pain of various muscle-related discomforts, from tendonitis and arthritis, to simple strains. Many customers regard CopperJoint™ to be "The best on the market" when it comes to compression garments.