

WRIST JOINT **ARTICULATION**

**COMMON WRIST PROBLEMS
AND HOW TO ADDRESS THEM**



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WRIST JOINT ARTICULATION: COMMON WRIST PROBLEMS AND HOW TO TREAT THEM

TABLE OF CONTENTS

1. INTRODUCTION
2. STATEMENT OF THE PROBLEM: How can I permanently STOP wrist pain?
3. Scope and Limitations
4. CAUSES OF WRIST PAIN
5. FIGHTING WRIST PAIN
6. OTHER POSSIBLE REMEDIES
7. Wearing CopperJoint Wrist Compression Sleeves
8. Conclusion

I. INTRODUCTION



Try to imagine this: You are a practicing dentist for 5 years, your hands are your assets in this field and suddenly you twist it the wrong way. You went to the doctor and found out that you have something worst, you have what doctors call a carpal tunnel syndrome. Well, you can't argue with your doctor but you have to remedy your situation. What should you do?

We pay very little attention to our body and its salient parts because it works so flawlessly most of the time. Why indeed pay any mind to something that practically takes care of itself? If we were to take a closer look, though, we might find that our bodies – particularly our joints – are engineering marvels, with the many functions and movements so precisely coordinated as to make any machine jealous.

Although you felt perfectly healthy a couple of years back this may not be the case now. Your bodies, just like machines don't always work flawlessly. Let's say you overdo it in sports one day, and the soreness in your arm doesn't go away for a good while. Or perhaps your job calls for lots of working with your hands, which results in swelling at the wrist joint. Or maybe you get n actual injury due to impact or overextension. Regardless of how you get it, you're now beset with a less perfect wrist or hand functionality.

Looks like you've got wrist problem!!!



STATEMENT OF THE PROBLEM: HOW CAN I PERMANENTLY STOP WRIST JOINT PAIN?

Whatever the origin, whatever the actual injury, the mission is to stop the pain. If not stop it, then at least bring it way down to a much more manageable level that allows you to live your life to the fullest despite carrying a bit of pain. Nobody wants to put their life on hold just because of wrist pain. Especially if your profession involves the use of your hands, you should be able to restore at least 90% of mobility and full functionality of your hands. As a pianist who needs maximum joint articulation on the wrist **YOU SHOULD FIND A WAY TO PERMANENTLY STOP WRIST JOINT PAIN.**

SCOPE AND LIMITATIONS

This Free Report is a simple guide that will give you steps and information to have better overall wrist and hand health. This will discuss in detail common types of ailments that cause pain in the area, the syndromes and potential injuries that cause wrist joint swelling and 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.

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

CAUSES OF WRIST PAIN



One of the most difficult joint pains that you could ever have is that which you feel on your hands and wrists. Unlike your elbow or your ankle, the hand consists of more bones, to be exact 27 bones. So, when you experience discomfort in your hand, life is harder. We need our hands in almost anything and everything that we do, especially if your job entails you to be in front of a computer on a daily basis. Pain on your wrists can impinge you from moving properly and can actually make you less productive in your work. Athletes will also experience the same thing. If athletes have joint pain on their wrists, playing their favourite sport can be harder.

In gymnastics, your hand is used a lot. Your wrists bear tremendous weight. You use your wrists with forces that exceed normal daily activities. A gymnast's wrist is more inclined to injuries because of the routines of your chosen sport. How? You place the body's weight on the wrist, you jolt your wrists because of the fast movement required by the sport and because of these can result to injuries which can be acute or chronic. You are more prone to fractures, dislocations and sprains. Some wrists injuries can be treated ordinarily with rest, ice, compression and elevation. Chronic injuries like dorsal wrist impingement can be more serious and require specific treatment.

There are many causes of wrist pain. Although it is often caused by carpal tunnel, there are other causes as well.

TENDINITIS

Tendons are thick cords that connect the muscles to the bones. Tendons are tissue bands that serve the function of connecting our internal muscles to the bones that form our skeletal system. Our joints rely on tendons to facilitate movement that results from the tensing and relaxing of our muscles for the purpose of manipulating the necessary bone structure to create

movement. Tendinitis is a very common condition that comes about because there has been swelling in the wrist, particularly where the tendons are.

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.



BURSITIS

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.

OSTEOARTHRITIS

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 is an ailment that can affect any of our joints. This is no different in our hands as it comprise of so many joints.

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 WRIST PAIN



Make sure you have your wrists x-rayed immediately. Immediate diagnosis is needed so that the fractures can be identified by a physician if there are fractures. Have your injury evaluated when the pain is first felt. Do not postpone visiting the physician because this can lead to more serious injury and recovery can be longer.

12 Important Tips to Keep Your Wrists Healthy

Bones are very crucial part of our body that not just serve us well during exercises and games but play important roles like protecting our organs and providing structure to our body. The bones store calcium which we need in our daily activities. Our bones are our gateway to a healthy life. Having healthy wrists will allow us to do ALL the physical activities we want. If we have unhealthy wrists, we are prone to injuries. If our wrists get less calcium than the recommended daily dose, our wrists together with our bones easily deteriorate.

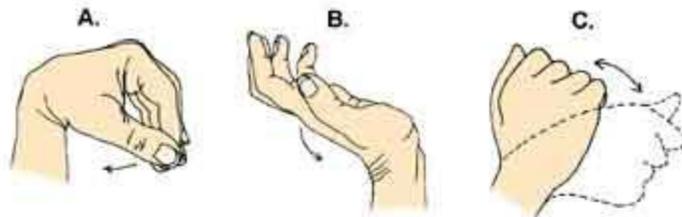
So, before you experience all these joint and muscle problems especially in your hands, the best thing to do is do everything you can to prevent the problems. Here are 12 simple ways which can make your wrists healthy. Some are obvious tips which you might have already been doing. Some are just right under your nose, which you have not noticed.

Take note of these 12 important tips:

1. **Exercise REGULARLY** – This should be very obvious. A lot of people who have healthy bones are those who exercise regularly.



Those who spend at least 15 minutes a day with stretching, running or walking are people who keep their bones healthy. Working out is good for the bones because you put the body in moderate pressure forcing it to form bones and make it stronger. Exercise maintains bone-mass density. Some people exercise but not regularly which is dangerous for your overall physical health because it is like forcing your body to respond to heavy physical activity after resting for a very long time.



Wrist: Active range of motion



Wrist stretch

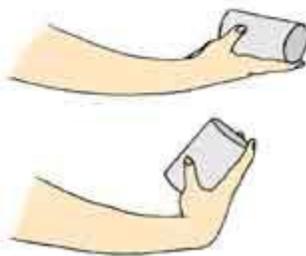
Wrist extension stretch



Wrist flexion stretch



Pronation and supination of the forearm



Wrist flexion exercise



Wrist extension exercise



Grip strengthening

2. **Keep Moving** – If you can't do heavy workout because of injury or a busy schedule, being physically active is the way to go. A simple physical activity like walking up and down the stairs for 15 minutes or walking 30 minutes in the park is enough to keep your bones healthy. If you haven't had any heavy exercise for a very long time, start with walking and jogging before doing those heavy weight lifting exercises.
3. **Keep a Balanced Diet** – Keeping a balanced diet helps create new bones. It also keeps our body strong. How do you know that you keep a balanced diet? Colorful foods are usually those which are healthy. Minimize on eating food which are high cholesterol and high sodium.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



4. **More milk and Cheese** – Instead of drinking alcohol and smoking, try dairy products instead. Cheese and milk are foods which are rich in Vitamin D and calcium which the bone needs to be healthy.
5. **Drink Supplements** – Drink prescribed supplements if you cannot tolerate foods like cheese and milk. As you grow older you should consider taking supplements more seriously. Before taking any supplements though, consult your doctor first. Over consumption of calcium can be bad on the kidneys. Make sure you get a prescription before taking any supplement.

6. **Consult Your Doctor** – Before taking any medicine for your ankle joint pain, your hip pain, or your knee pain, make sure you consult a doctor first. As you age, the bone grows and deteriorates as well. Know what options you have to keep your bones healthy.



7. **Reduce Cola Consumption** – Although cola with ice can be the best drink in a hot summer day, you should lessen the consumption of cola. According to a research conducted by Everyday Health, drinking too much cola reduces mineral density of the bones. Cola drinks contain phosphoric acid which is bad for mineral density of the bones.

8. **Less Salt Please!** – Salt is the flavor of the earth! Almost all foods need salt to taste but salty foods cause excessive secretion of calcium. This means that your kidneys can take as much damage as your bones become weaker.

9. **Avoid Inflammatory Foods** – These types of food can lead to osteoporosis according to a research conduction by Everyday Health. Certain vegetables like tomatoes, peppers, potatoes, eggplant and mushrooms can cause bone inflammation. Reduce consumption of these types of food to avoid weakening to bones.

10. **Smoking and Drinking** – Drinking too much alcohol causes bones to weaken. With regular alcohol consumption the bone's ability to absorb calcium is also lessened. Smoking also weakens the bones in the same manner. Over consumption of alcohol can even lead to osteoporosis.

11. **Wear Compression Garments During Exercise** – If you have an injury or start to feel that your bones in your knees, ankles or elbows are already acting up on you, wear compression garments on affected area to help you with your sport. Compression on the affected joint and muscle helps with restriction of movement and better blood circulation.

It is never too late to try to keep your bones healthy. It also is never too early to try preventing your bones from getting weak.



OTHER POSSIBLE REMEDIES

Aside from these, there are many home remedies that can supplement the medication and other treatment you already have lined up for your injured wrist. You might be intrigued to find that many of them involve spices.

What is Turmeric Curcumin?

Turmeric is an Asian ginger popularly known for its culinary purposes. In Asian cuisines, it has long been used for cooking different curry flavoured foods. It has also been popular for medicinal purposes as they were used by ancient Chinese as a medicine and Indian practices.

Many scientists and researchers believe that inflammation can be the cause of chronic diseases like pain felt because of RA, Alzheimer's, Crohn's disease, heart disease, and even cancer. But before any scientific discoveries of the health benefit of turmeric, it has been used for centuries to help with the immune system of an individual as well as enhanced liver function, digestion, metabolism, mood, joint functions, skin complexion, and even more!



Anti-inflammatory drugs bought in pharmacies present many health risks and are not advised to be taken for extended use as they can be hazardous to health.

Studies conducted by universities suggest that turmeric has amazing and effective healing properties. These studies have are not recognized by all institutions but many doctors believe in this miracle spice.

Turmeric Benefits Best for Joint Pain Sufferers

Over 6000 clinical studies confirm that turmeric can replace about 20 medications for your joint pain. The studies concluded that turmeric curcumin which is the main active ingredient in turmeric is a very potent substance which is far more potent than aspirin and ibuprofen which acts as an anti-inflammatory and anti-proliferative agent. Because it has high anti-inflammatory properties, it is effective to help people with arthritis pain. The inflammatory cytokine is significantly reduced with these anti-inflammatory markers.

Clinical Studies on Turmeric and Joint Pain

A three month long study was conducted in Italy involving 50 patients who were diagnosed with osteoarthritis. The team investigated the effect of turmeric on arthritis symptoms. A special formulation of turmeric was designed to improve the absorption by the body. The group was divided into two. Half took turmeric and the other half continued with their prescription meds.

After 3 months about 58% of those who took turmeric has significantly decrease their knee pain and reported that there was improvement in joint articulation. Pain and stiffness was controlled.

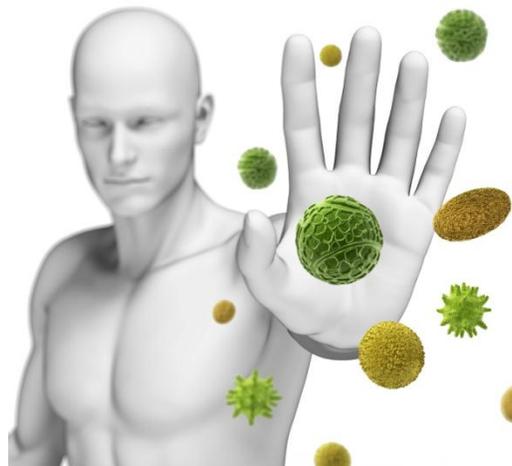
A 2006 research also showed how turmeric was more effective at preventing joint inflammation. It is better at reducing joint inflammation compared to NSAIDS.

At the University of Arizona, researchers injected a bacterial substance into the bellies of the rodents and the turmeric was also by injection into the abdomen concluded that there was far less joint swelling produced by the bacteria.

What are the Benefits of Taking Turmeric Ginger

Aside from its effects for the joint, here are some more notable benefits you get when you take turmeric curcumin. Taken with black pepper, turmeric effects are enhanced as the extract from the black pepper boosts curcumin's absorption in the body and maximize the benefits you get from taking in curcumin.

1. It boosts cognitive function
2. It fights body wide inflammation
3. It supports cardiovascular function
4. It promotes radiant skin
5. It boosts detoxification
6. It Promotes healthy mood balance
7. It supports natural weight loss



Different Ways to Flavor Up Your Turmeric Intake

Taken raw by itself is the ideal way of getting turmeric into your body system. But not all can do this because of the flavour of the ginger. So, to make things easier for you, you can always add this potent ingredient in other foods, drinks and concoctions to make your curcumin intake more interesting. Here are some ways of doing it:

1. **Turmeric Smoothie.** You can always mix turmeric with your favourite fruit and make a shake out of it. A blended banana, pineapple, apple, watermelon or melon shake with a dash of turmeric a day can make a difference in your joint pain management.
2. **Warm Lemon Water with Turmeric.** For those who would prefer a warm beverage during a relaxing night, this can be best served. The soothing effect of lemon and water is great to calm your nerves.
3. **Roasted Cauliflower with Turmeric.** As an added spice to your lunch or dinner, roast a cauliflower with turmeric.
4. **Honey Mustard Chicken with Turmeric.** To make your chicken dish more exciting, make it sweet with honey and spicy with mustard and turmeric.
5. **Turmeric Milk.** For milk lovers, just add turmeric to your warm or cold milk and mix. Add honey to taste.
6. **Turmeric Tea and a whole lot more.** This is the most common way of taking in turmeric.



There are more than one ways you could benefit from turmeric curcumin intake on a regular basis. Managing your joint pain with this “magic” spice can actually give other great effects to your body and revitalize you as well. If you are tired of taking in pills that can ruin your liver, go natural with a flavoured turmeric drink.

Ginger has surprisingly potent anti-inflammatory effects, which may be why it figures so prominently in home remedies for related maladies. This spice can give you a bit of pain relief for your wrist’s inflammation too, as a result. One good method involves making ginger tea, which mainly involved boiling a bit of ginger root in two cups of water. Heat it up for ten minutes so that the essence of the ginger leaches into the hot water, then strain out the ginger root. Add honey to taste, and you have a drink you can take three times a day.

Turmeric is also available in capsules, whether in 250 or 500 milligrams. As with all medication, you should get your doctor’s approval to take these.



II. WEARING COMPRESSION WRIST SLEEVES



One way to accomplish the goal of lessening the wrist pain is by keeping it under wraps. While this you can wrap your wrists with bandage your hand mobility will be minimized. Instead of using wrist and hand arm wraps or tape, you might consider wearing compression wrists sleeves which are specifically designed to cover all fingers of the hand. Wrist compression sleeves are essentially hand gloves, but both use the same compression technology and copper infusion to maximize effects. This technology employs the use of very tight fibers that combine to produce a restrictive effect on the wearer – resulting in a very close, snug fit. This has gained popularity not least because of its obvious aesthetic appeal, but there is more to it than that.

[Get CopperJoint Copper Infused Compression Wrist Support HERE](#)

Reasons to Wear Wrist Compression Sleeves

Why try these wrist sleeves, 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 good reasons.

1. **Protection.** Wearing sleeves in general can keep your wrists – and thus 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 wrist 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 can keep dirt and other such problems away from your hands, fingers and wrists, which reduce the otherwise-tedious need for continuously scrubbing them. One bit of advice: don't buy these in white.
4. **Swelling reduction.** The most important benefit of wrist compression sleeves 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.



One thing to remember when choosing compression sleeves: 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 sleeves 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.



[Get CopperJoint Copper Infused Compression Wrist Support HERE](#)

CONCLUSIONS

If you've ever been in pain from a joint injury, you may have gotten painfully, personally acquainted with just how much engineering is actually involved in those joints of ours. The wrist is a complex system that is used by our body to various ends, be it deploying our hands as manipulators or supporting a degree of weight. The complexity is compounded when we realize that even though our hands are seemingly distinct things functioning separately from the wrist, the muscles within the forearm are connected to both ends and pain in one can cause pain in the other.

Let's sum up. Remember that whatever the injury, recovery from joint pain is often down to a number of factors. Let it rest, and try not to put it through its paces until you're sure you're ready and the pain is completely, consistently gone. Keep it iced and immobile if possible, as much as possible – this will bring the swelling down and keep the joint from banging into things that can cause it more pain. Exercise when you're ready, so as to keep the joint flexible and reduce stiffness that can be a natural after-effect of the healing process. Finally, medicate with the assistance and guidance of your doctor. This last part can be done with either the standard non-steroidal anti-inflammatory drugs, or through natural herbal or spice-based remedies, or perhaps a combination of both.

Don't rush it, and don't fret. Keep at it and you'll eventually bring the pain down to a much more manageable level, or even get rid of it entirely. Bottom line is you can get your life back after the pain!

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 25883 N Park Ave Unit A244292 Elkhart, Indiana, 46514, 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^{++} and Cu^{+} .

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.