

Hands, Wrists, & Elbows

Week 6: Fortify the Pathway With Positive Tension

Practice Tools

PRACTICE TOOLS

Along with watching the videos and practicing with them, there are more ways to explore. I encourage you to use the following prompts or discover through other ways that come naturally to you.

I. CONTEMPLATION / JOURNAL

Open up your journal (or your device) and let your thoughts pour out. Perhaps using these questions might help you launch or to give you some direction as you write.

- How would you describe the winding up of the interosseus membrane through pronation? The unwinding through supination? Physically, emotionally, energetically?
- What is the quality of the tone/the responsiveness of the pronators of your forearm versus the supinators? How available is the movement at the distal end and at the proximal end? How might this relate to patterns within your hands, wrists and shoulders?
- Do these explorations trigger any current pain or bring whispers of old pain, whether in this particular area or not? Can you describe the pain? Is it in the range of discomfort and positive or acute and negative?

II. MOVE

Take the unlocking movements one step farther by exploring a few asanas, yoga postures. You have two ways set up for you to do so.

1. Practice with the Move video for a short, delicious sequence that focuses in on our week's content.

2. Explore the same asanas using the key focuses on the next few pages, but also see where else your body might naturally want to move, inviting your growing awareness and presence within your forearm and elbows to play in to (become an active player within the coordinated movement).

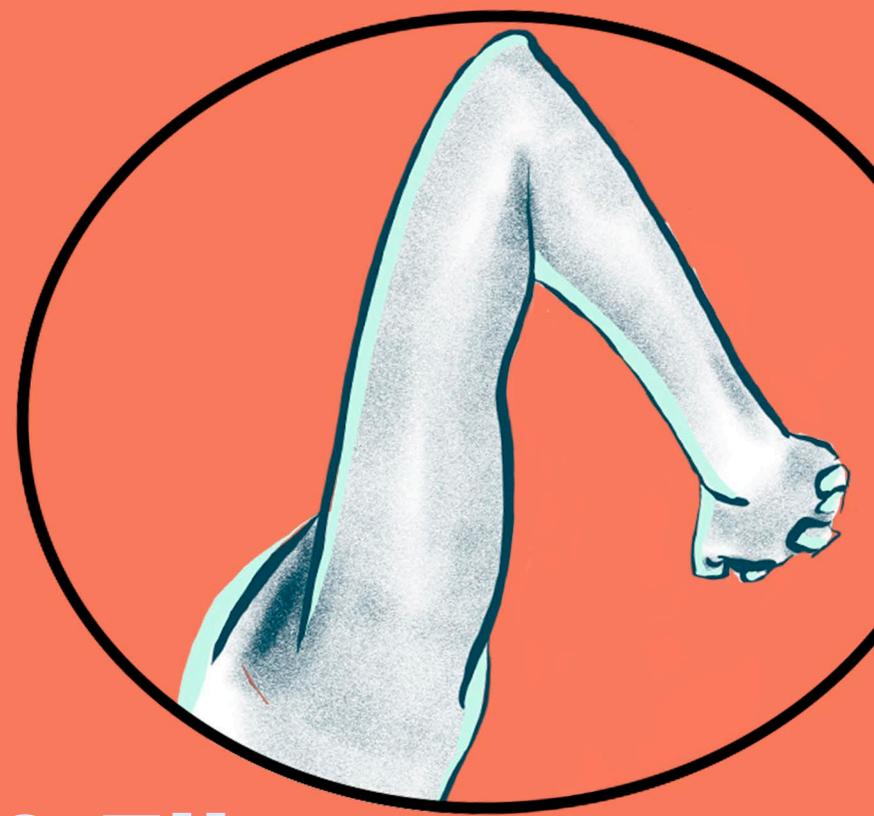
III. GEEK OUT

Investigate the bones and muscles of your forearm and elbow, painting a picture in your mind. Start with these anatomy slides. Let your curiosity get the best of you and investigate further if you'd like, looking into an anatomy book or researching online.

IV. VISUALIZE

Visualization invites concepts to come alive through concrete examples as well as through abstractions. Take time to focus on a visual to see where it takes you, what it brings into focus or what it allows to dissolve within you.

There are two visuals here. First, two images of an art installation exploring on the reach of each fiber of a woven rope. I love the vantage point of the first photo with the wound up cord and its direction of fibers visible in the foreground, with the unraveling ends mimicking two hands reaching forward. Twisting up a towel is an image I often use to describe the winding and unwinding in the soft tissues of the body, especially the forearm. But this installation (and many more similar by Janaina) takes it one step further bring alive the potential of the reach and trajectory that bursts from the ends. The second two photos are total joy for me- towel art, made popular on cruise ships, seems frivolous. And yet to see example after example make use of winding up a towel to create the stability and reach of the limbs is a delight. And so, they make the cut for our visuals 😊 I picked the hanging monkey to invite us to visualize the tension that can be successfully distributed through our arms, all thanks to the intrinsic wrapping that supports this transfer of force. I picked Yoda for his wisdom and his green skin coloring. What comes up for you?



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Practice Tools: Move

1. WARRIOR 2



KEY FOCUS:

Start with swinging your elbow point behind you as you keep your wrists neutral
Then wrap your elbow under and turn palms up and down, keeping your elbow neutral
Bring the actions in your back arm into view, look back without turning your hips

How does the winding and unwinding of your forearm bones feed into your torso and legs? Invite the shifting tension to disperse and extend through your body

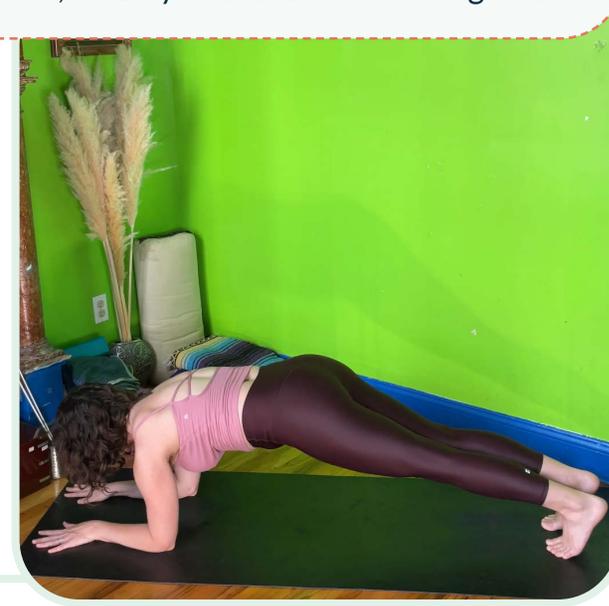
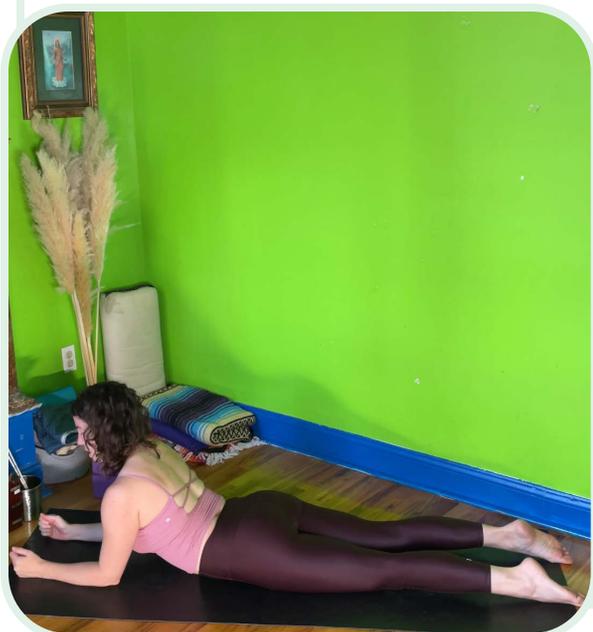
Consider the tension and flow through your wrists and fingers. As you move between pronation and supination, can the engagement connects you to your hands?

Useful modifications:

Alternate between a straight front leg and a deeply bent knee, legs dynamic
Move your hands slightly forward, ease the tension in your shoulders, neck and spine



2. SPHINX, DOLPHIN, FOREARM PLANK



KEY FOCUS:

Use a block or make fists to stabilize your elbow point under the pose and then work towards palm down. Bring armpits forward without collapsing into your elbow creases. Move to dolphin and then to forearm plank, work with the same actions and support.

Once your palms are down, add the block between the length of your thumbs as well as between the length of your forearms. What width allows a steady and expansive midline hug? How does the block encourage full pronation, a crossing of the bones?

Try different sequences between these poses, how does the shape and the engagement in your torso and legs support the shape and engagement in your forearms?

Useful modifications:

Add a strap around the base of your upper arms, loose enough to broaden out into the inner edges of your arms, firm enough to press out without falling off your elbow point. Knees down to prep dolphin and forearm plank, lift only if able to maintain alignment.

3. HALF FROG POSE – QUAD STRETCH



KEY FOCUS:

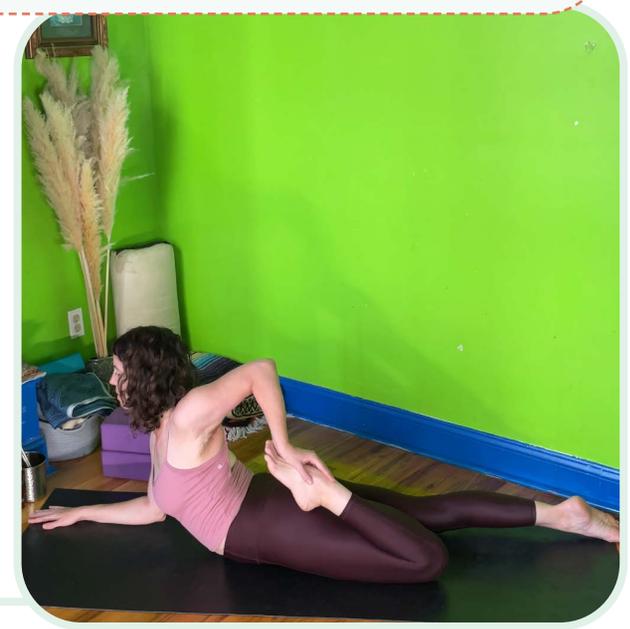
Use sphinx prep, ready your standing forearm to receive the weight as you reach your other hand back. Kick your foot back into your hand to lift out of your bottom elbow.

As you bend your elbow to bring your foot towards your outer hip, swing your elbow out and in-- orient to lift and press back into your elbow point

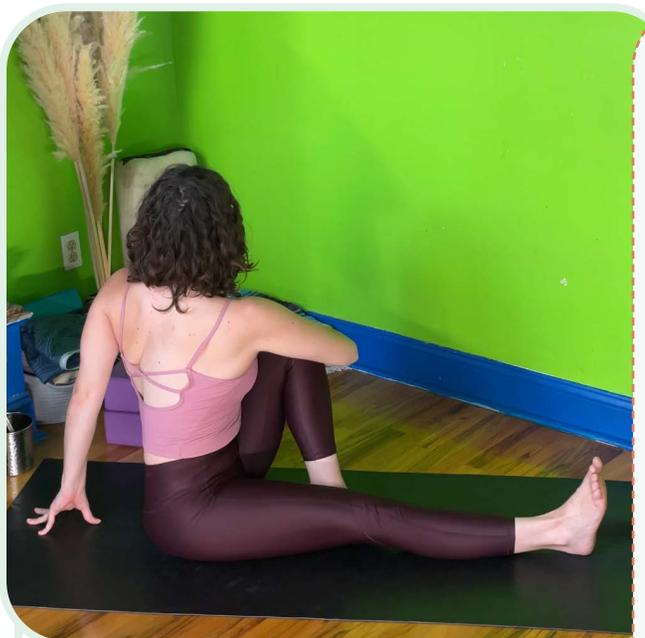
Can you create balanced tension in both arms? When in the front plane and in the back plane? When your back arm is pulled straight as well as while it is bending?

Useful modifications:

Place the loop in a strap around your foot, grab the loop (not the tail)
Place your forearm on a diagonal with your elbow wider, make a fist in your hand and be sure that you don't fall inside your elbow, collapsing into your inner arm



4. MARICHYASANA – SEATED TWIST



KEY FOCUS:

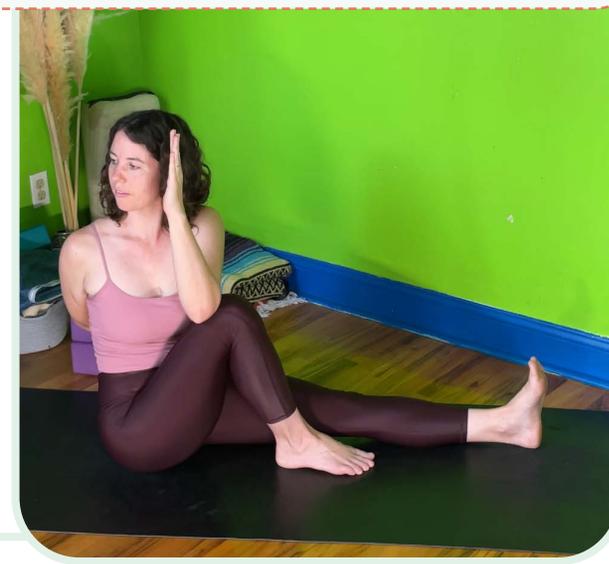
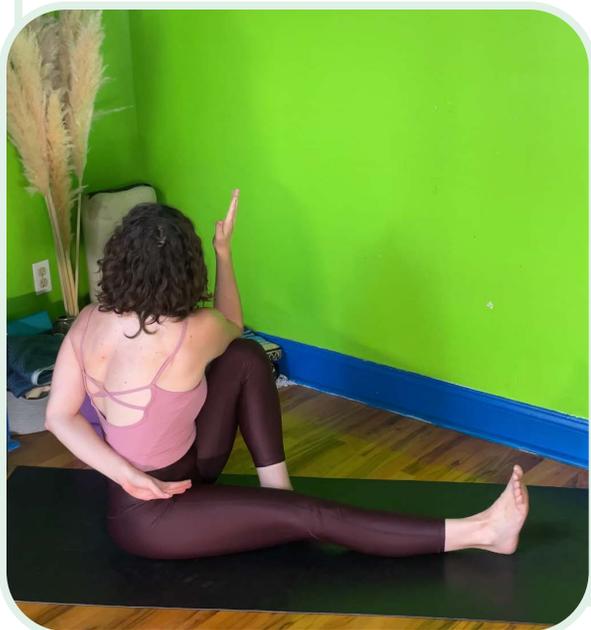
Hug your knee to your chest, lengthen up through your spine and turn inside your front leg- an easy spinal twist. Deepen from the work of your arms- front palm turns up and down, back elbow swings out and in, anchor into and extend from your elbow points

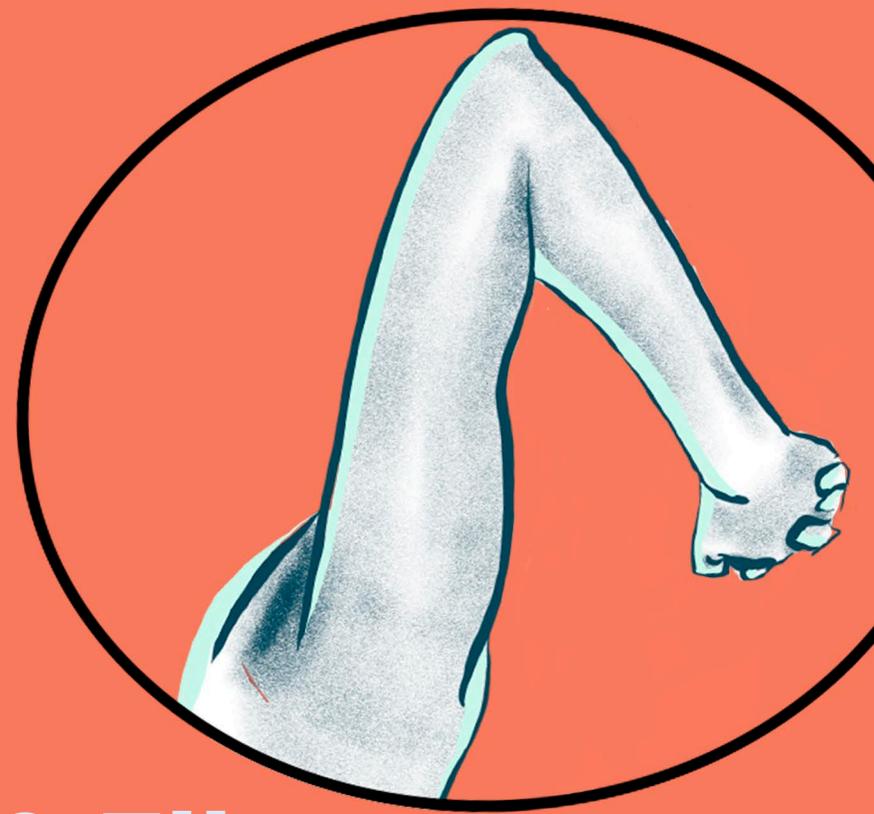
Deepening the crease of your front elbow and anchoring into that elbow point is easier due to the bend. Can you find the same clarity as you straighten your arm behind you?

Once you have deepened the twist from your arms can you shift the stability back into your spine to mobilize your arms? Front arm to outer knee, back arm reaches around to your thigh

Useful modifications:

Twist away from your bent knee, same actions apply but arms have opposite roles
Bend your extended leg, bringing heel to opposite sit bone to decrease tension in hips
Place a strap around your extended foot and the top rim of your pelvis to ground the pose



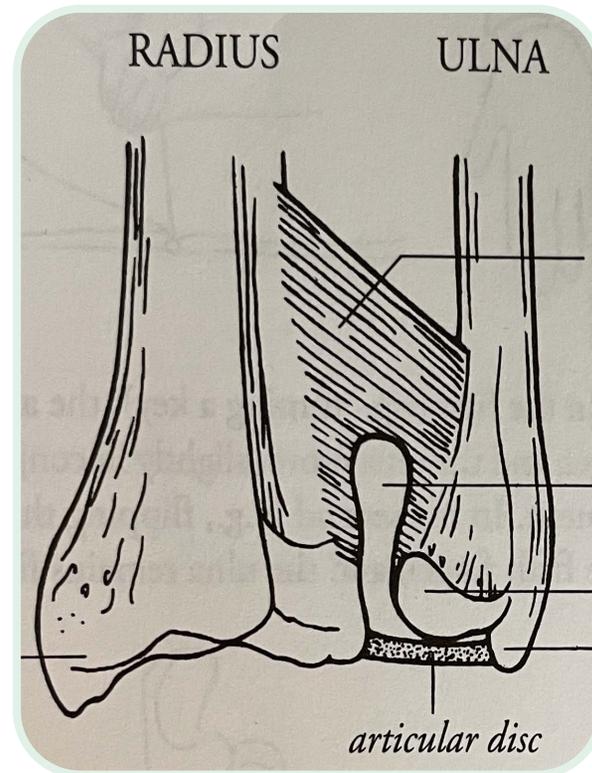
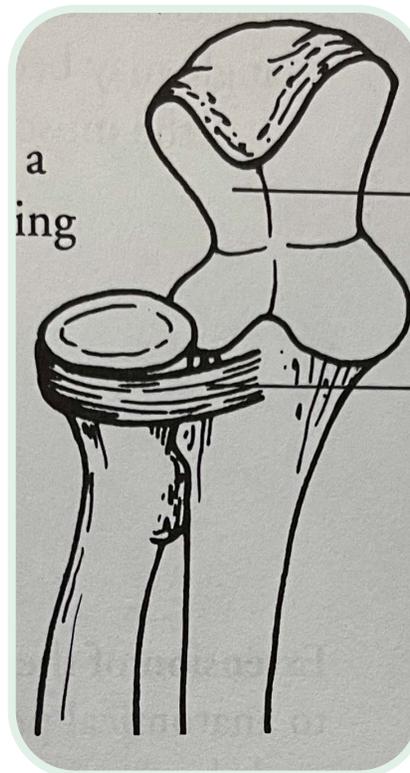
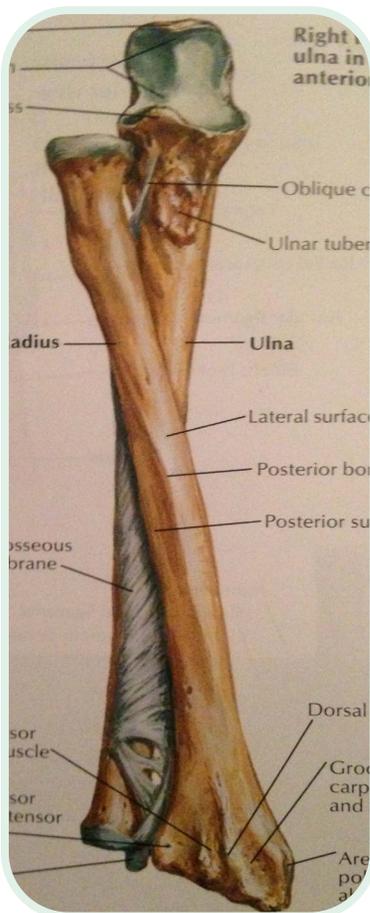
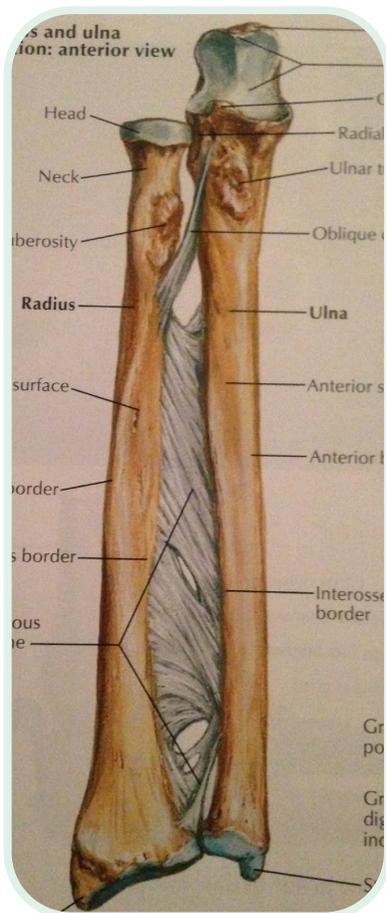


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Practice Tools: Anatomy

ANATOMY POV: RIGHT ARM ELBOW CREASE (ALL)



Forearm Bones in Action

Right forearm supinated and pronated- left and right

Both views: Notice the shape of the radius to allow it to carve over Orient to the interosseus membrane fiber direction when crossed and uncrossed

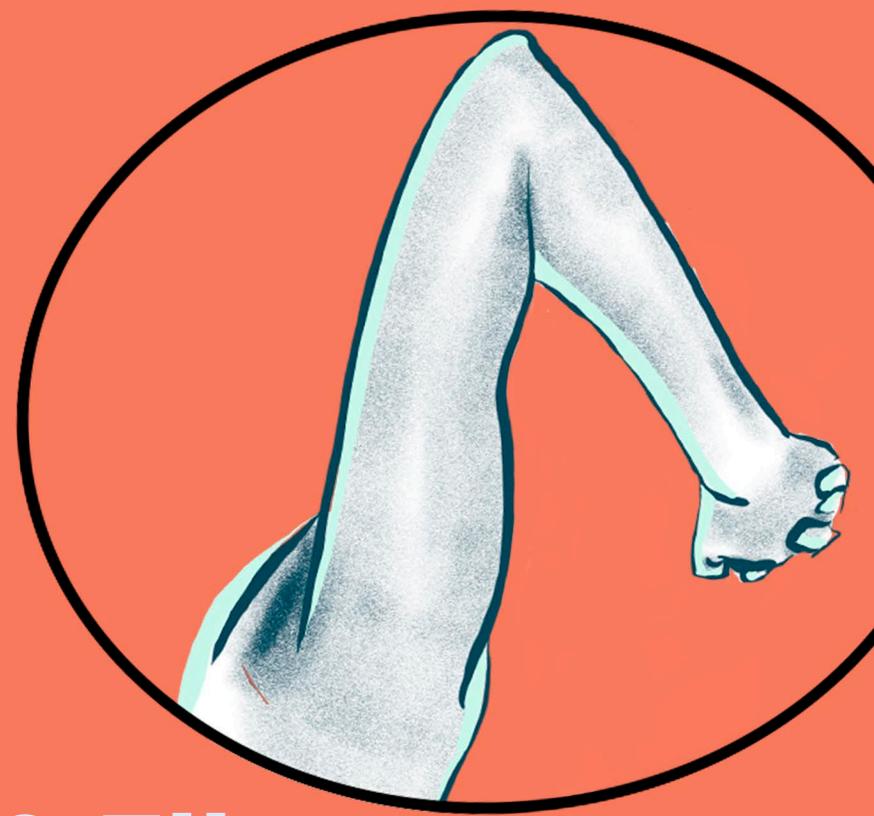
Palmar fascia

Proximal radioulnar joint and distal radioulnar joint- left and right

Left view: Annular ligament, both sides of ligament attach on the ulna, ligament hugs radius to the ulna and the radius spins inside,

Right view: top two arrows on the right: interosseus membrane and joint space filled with synovial fluid

Articular disc (between ulna and carpals) also forms part of the joint capsule for the joint between ulna and radius



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Practice Tools: Visuals



Ciclotrama 141 (epura) handmade cotton rope artwork by Janaina Mello Landini, photos by Gui Gomes



Ciclotrama 141 (epura) handmade cotton rope artwork by Janaina Mello Landini, photos by Gui Gomes



Animal Towel Art
Hanging Monkey photos by Spluch
Yoda by Lois (cruise ship fanatic, My Cruise Stories)

निष्प्रपञ्चताप

~NISPRAPANCAAYA~

~THAT WHICH IS NEVER ABSENT~

The essential Self can be known as that which is never missing, that which cannot be lost.

Sanskrit Sound Study