



## Hand exercises for arthritis

### Description

For all you golfers, tennis players and key boarders whose fingers work hard on your devices all day long, here are some moves that will help strengthen your hands. You may even avoid carpal tunnel pain or alleviate arthritis in your thumbs as I have been able to do. My thanks to Viola Brumbaugh teacher at wise-orchid.com Tai Chi and Qi Gong studio for her helpful lessons. Let me know how this works for you. Feel free to share.

<https://www.facebook.com/BetsyBellsHealth4U/videos/2118373711609508/>

Be well, Do well and Keep Moving, Betsy

<https://www.facebook.com/BetsyBellsHealth4U/videos/2118373711609508/>



### Category

1. Arthritis
2. Be Well health tips
3. Keep Moving: Managing Arthritis

### Tags

1. arthritis
2. carpal tunnel syndrome
3. exercises for arthritis

4. prevent carpal tunnel
5. Qi Gong

**Date Created**

April 11, 2019

**Author**

betsybell