



Happy HandsTM

Developed by
Dr. Cassius Camden Clay, *Chiropractor*

Dr. Cassius Camden Clay, Chiropractor
Atlanta, GA
404-808-4280
www.QuickSelfFixes.com
Help@QuickSelfFixes.com

Copyright © 2019 by Cassius Camden Clay. All Rights Reserved.

No reproduction in whole or in part is allowed of any of the documents, photos, or wording contained herein without express written authorization of Cassius Camden Clay.

Credits

Logan Ferrelle: Editor, Photographer

TABLE OF CONTENTS

Introduction	1
Skeletal Anatomy of the Hand	3
Elbow Punch Fix	4
Interosseuos Membrane Stretch	5
Cross Fiber Massage the Flexor and Extensor Muscles of the Forearm	6
Wrist Fix	7
Cross Fiber Massage the Opponens Muscles	8
Rotationally Mobilize the Five Metacarpals	9
Individually Traction Stretch each joint in the fingers and thumbs	10
Koto Gaeshi	12
Sankyo	13
Nikkyo	14
Ikkyo	15
The Sound of One Hand Clapping	16

Introduction

Dr. Camden Clay has been in practice as a Chiropractor since 1983. By the end of 2018, he had taught 290 “Assisted Stretching Postures from Thai Massage” workshops for the massage profession. In 2012, Dr. Clay studied the feet all year (he commonly studies one body part per year.) He combined his vast knowledge of chiropractic foot adjusting, Assisted Stretching and foot anatomy and created “Happy Feet”!

In 2018 at age 60, Dr. Clay developed arthritic hand pain which made chiropractic adjusting painful. (Chiropractic is defined as “done by hand”). He developed “Happy Hands” emulating the great success of “Happy Feet”. Doing “Happy Hands” before work completely resolved all significant hand pain issues! Wow!

“Happy Feet” was originally developed as a section of Dr. Clay’s “Assisted Stretching Postures from Thai Massage workshop”. “Happy Hands” completes the assisted stretching routine and is performed near the end of a stretching session to help wake clients up.

Treat one hand. Next wiggle the fingers and thumbs of both hands out in front of you. Commonly people agree that the hand which has been treated feels more alive, flexible, agile and has faster motion. Comparatively speaking, the untreated hand feels slow and awkward.

Groups of people who love having happy hands most are string musicians!

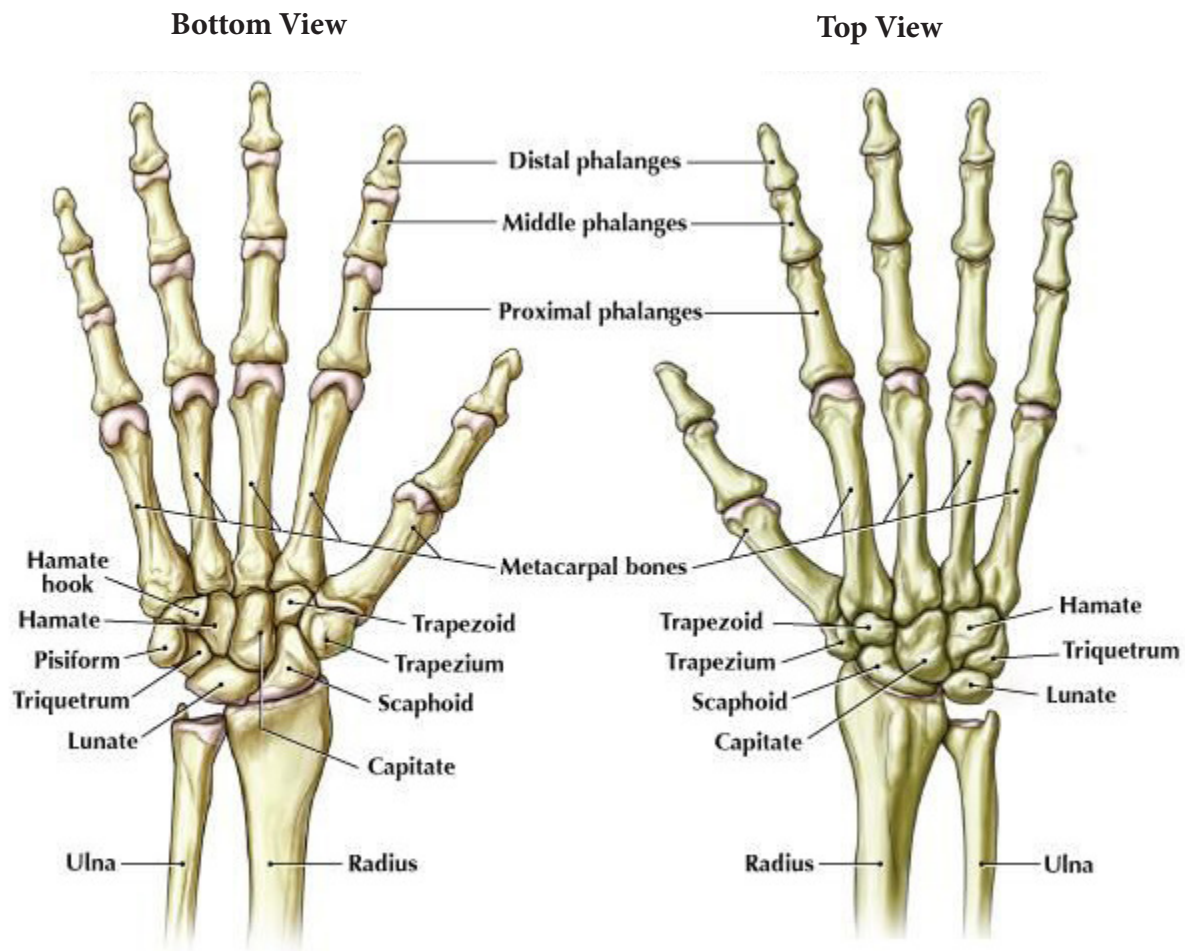
People in their 80’s and older with gnarly deformed arthritic hands cry with joy upon receiving “Happy Hands”.

Bodyworkers and other people who use their hands extensively in their work also love “Happy Hands”.

**Watch the “Happy Hands” video at QuickSelfFixes.com.
This video includes how to do Happy Hands to oneself and to
someone else.**

Skeletal Anatomy of the Hand

“The Hand bone’s connected to the wrist bone”



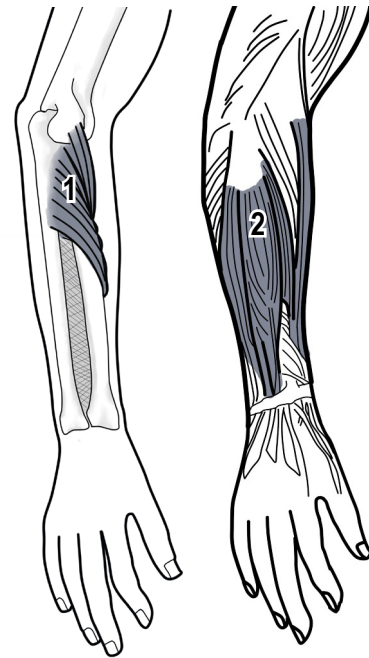
QUICK SELF FIX: Elbow Punch Fix

KNOW YOUR BODY

This fix helps prevent many elbow, forearm, and hand complaints.

For example, this fix helps people who have problems with opening jars or turning handles. The intent of this move is to free up elbow fixations.

The Elbow Punch Fix makes the supinator (1) and finger extensor (2) muscles instantly strong!



THE SET UP

Note: This follows the movement of a standard martial arts punch, yet is delivered with a much lesser speed and force.

1. **(Photo A)** Make a fist. Position your fist with its palm up and position your bent elbow behind and to the side of your body.

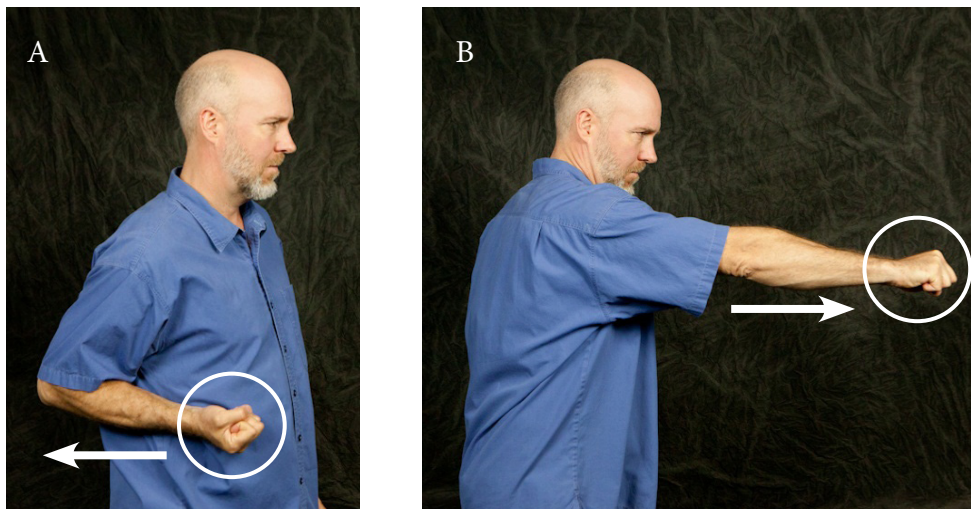
Note: Do not cause pain. Be gentle.

THE FIX

2. Thrust your arm forward at a low to medium speed.

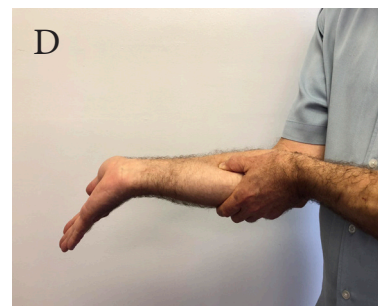
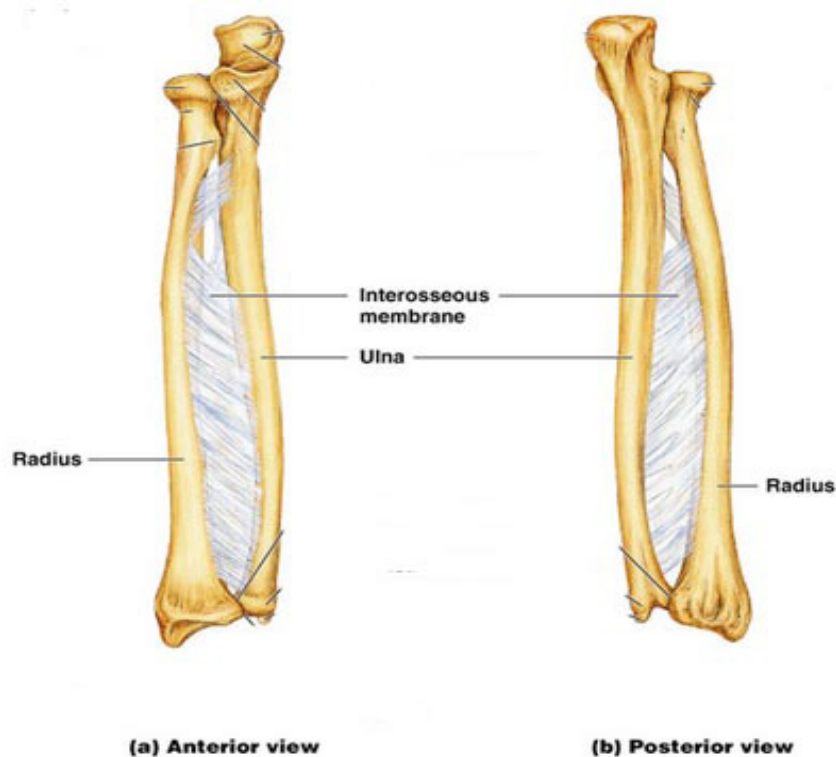
3. **(Photo B)** At the same time rotate your forearm and fist from a palm facing up position to a palm facing down position. End with your arm parallel to the floor, arm straight, and palm facing down.

Note: Do this fix only once during the Quick Self Fixes Routine. That is all it takes.



Interosseus Membrane Stretch

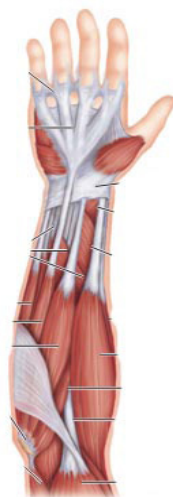
With palm facing up, stretch the leather sheet between the radius and ulnar in the forearm. Dig in deep with your thumb and flex your hand up and down. Do this to the entire forearm several times.



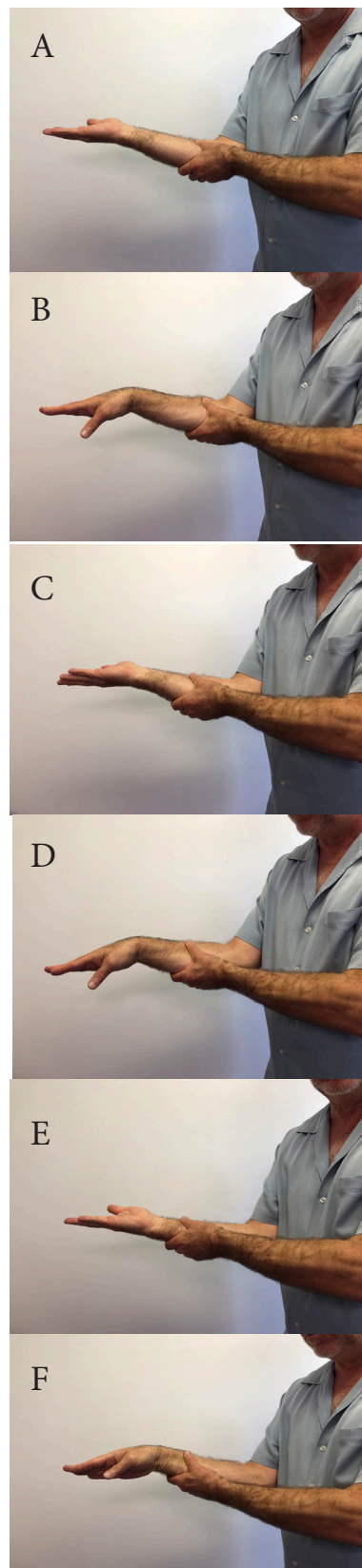
Cross Fiber Massage the Flexor and Extensor Muscles of the Forearm

Cross fiber massage the flexor and extensor muscles in forearm while turning the palm from palm up to palm down repeatedly.
The hand gripping strength and the hand opening strength are in the forearm.
Relaxing forearm muscles relaxes the hand.

Posterior muscles of the forearm



© 2008 Encyclopedia Britannica, Inc.

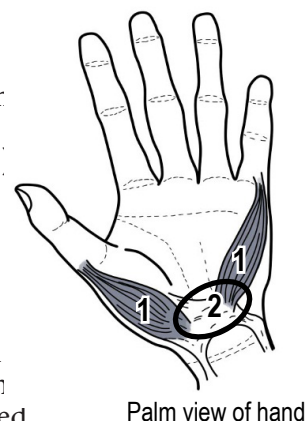


QUICK SELF FIX: Wrist Fix

KNOW YOUR BODY

This fix helps prevent “carpal tunnel syndrome” and wrist pain by maintaining the proper positioning of the carpal bones in the carpal arch

The Wrist Fix makes the opponens muscles (1 in your palm instantly strong!



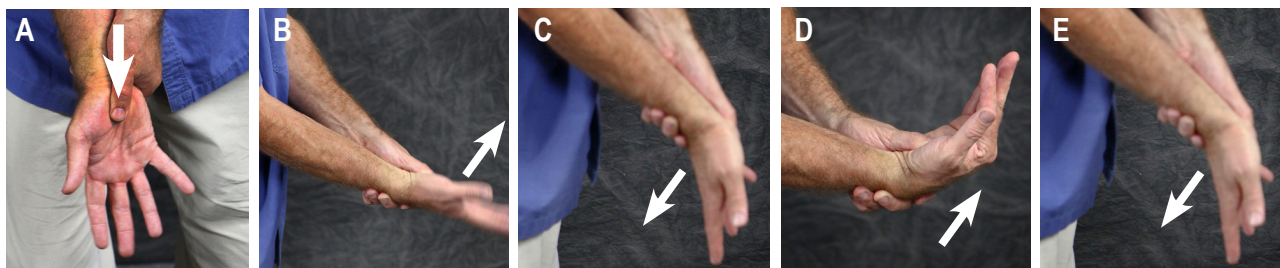
THE SET UP

1. **(Photo A)** Press your left thumb firmly on the base of your right palm the carpal arch (2) (see circled area on illustration). Your left thumb point toward the middle finger of the right hand which is the hand being treated.

Note: Do not cause pain. Be gentle.

THE FIX

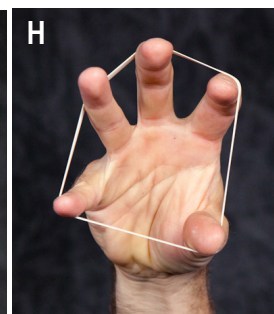
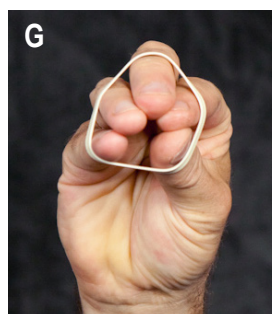
2. **(Photos B-E)** Keeping thumb pressure on the carpal arch, shake the right hand quickly and loosely back and forth for two seconds.



Note: To further prevent wrist issues, add the two carpal arch stabilizing techniques below, which are not on the Happy Hands video.

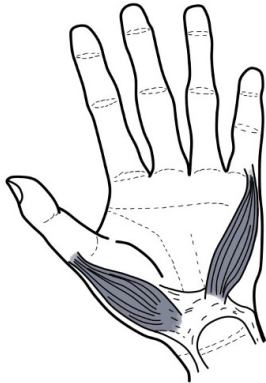
(Photo F) Finger Presses: With moderate strength, push your fingertips into a table top. Keep your palm arched, with fingers not too far apart. Keep your wrist in a vertical line with your forearm. Press your fingers into the table and focus on pulling your fingertips in toward the center of your palm for five seconds. Next, rest for a few seconds and repeat this sequence several more times. Do this several times per day.

(Photos G and H) Finger Extensor Exercise: Bring your thumb and finger tips together. Place a strong rubber band around the outside of your fingers and thumb, and then repeatedly open and close your fingers against the band's resistance until mild fatigue sets in. Do several times per day.



Cross Fiber Massage the Opponens Muscles

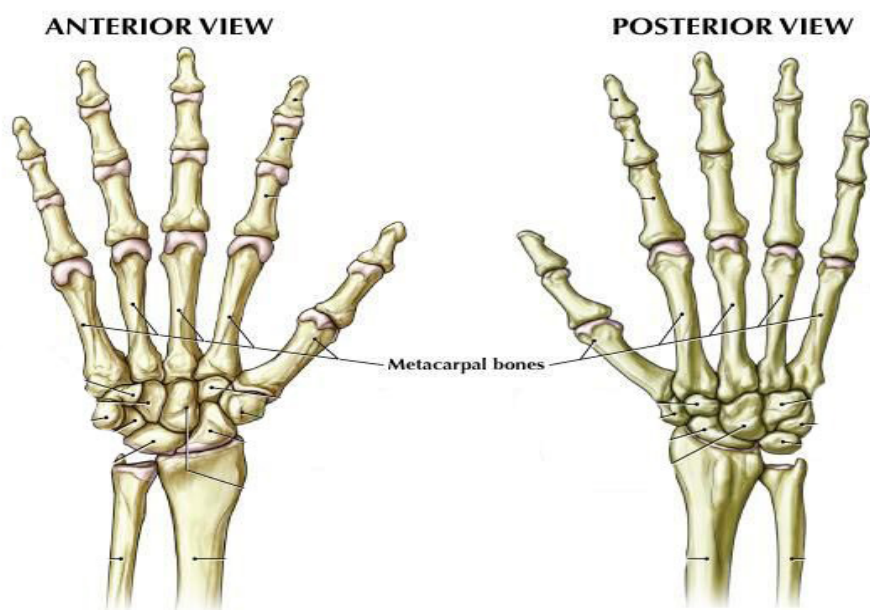
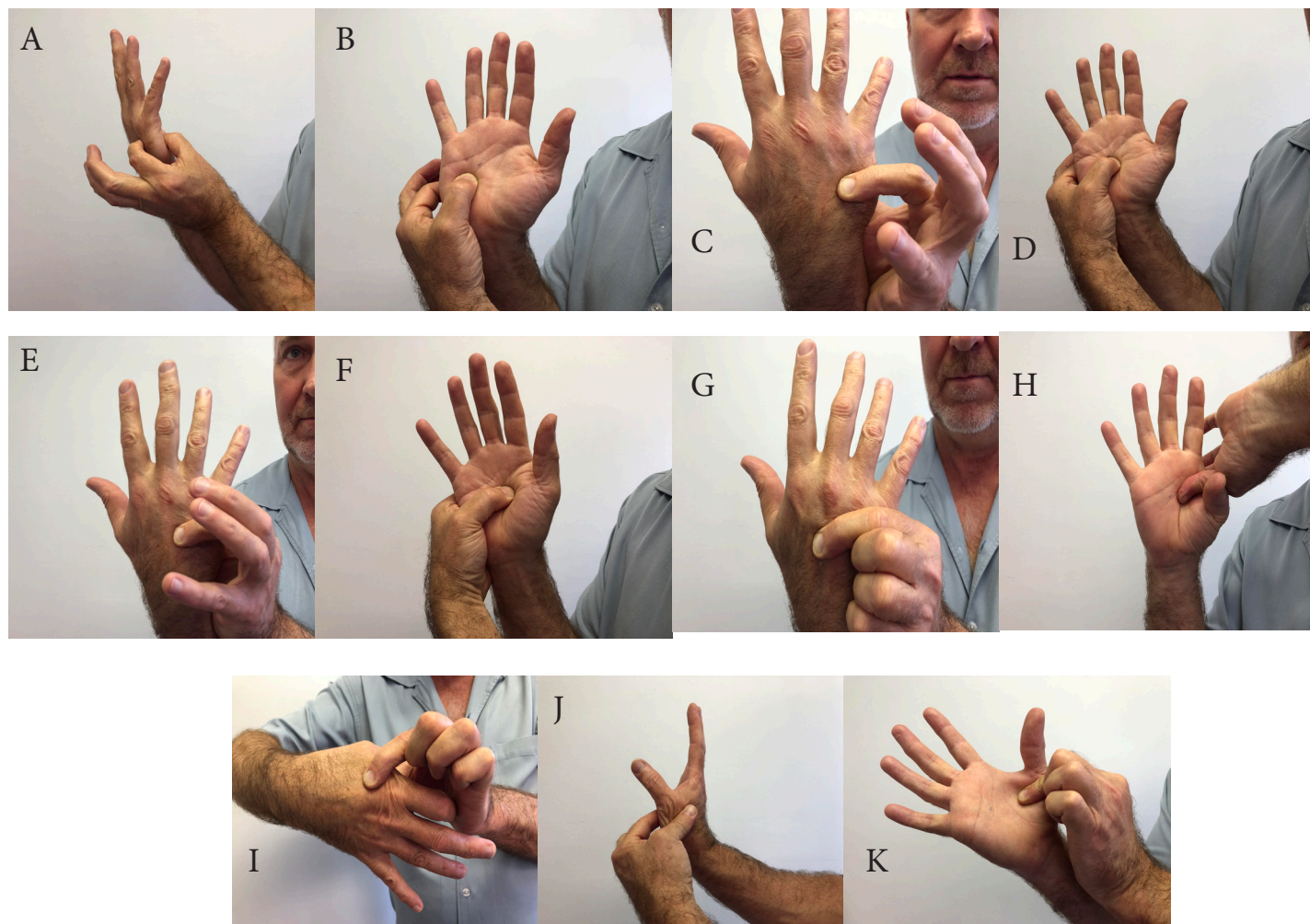
Using the thumb of your opposite hand, cross fiber massage both opponens muscles.



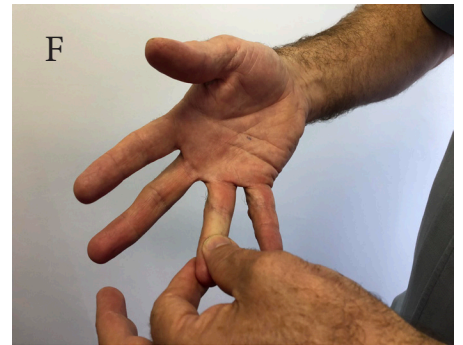
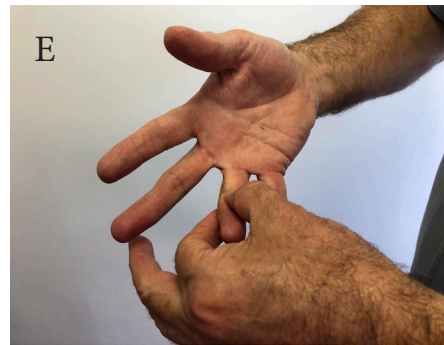
Opponens muscles

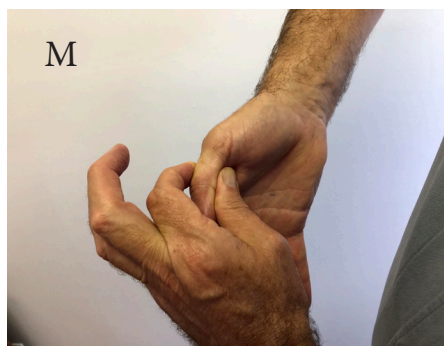
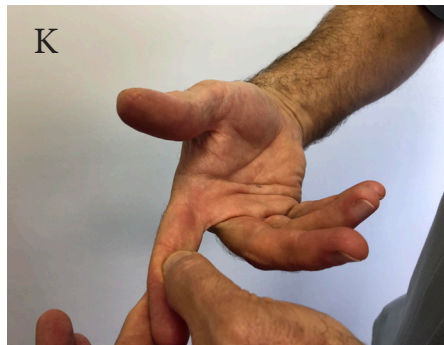
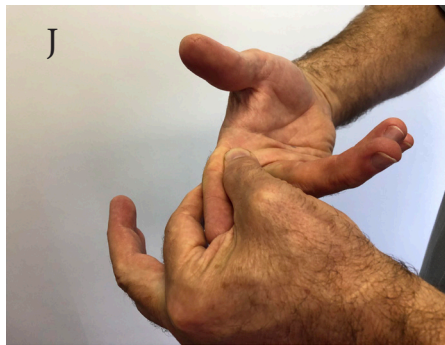


Using the thumb and index finger of the opposite hand,
rotationally mobilize the five metacarpal bones.

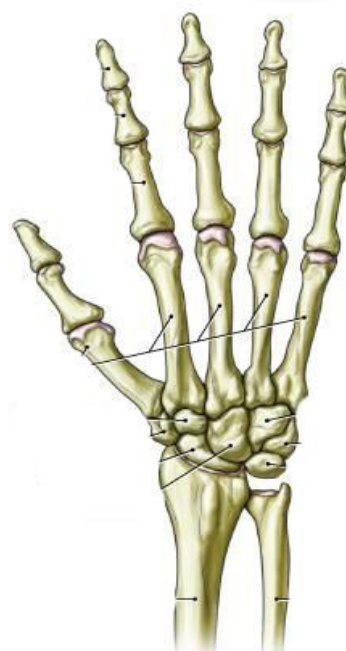
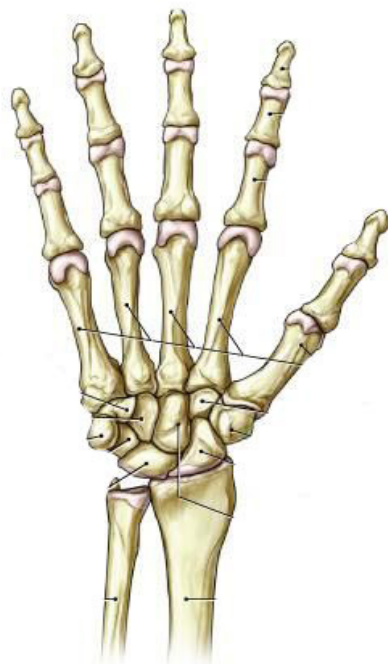


Individually Traction Stretch each joint in the Fingers and Thumbs





BONES OF THE HAND AND WRIST



Koto Gaeshi - Joint Lock from Aikido Japanese Martial Arts

Study video for specific directions.

Hold thumb side of palm surface with four fingers from the other hand. Using thumb of other hand, push the fifth metatarsal head, just below the little finger on the backside of the hand to rotate the wrist/forearm junction and hold this stretch.



Left View



Right View

Sankyo - Joint lock from Aikido Japanese Martial Arts

Study video for specific directions.

Grip palm surface of hand on little finger side with four fingers of your other hand. Push first metatarsal bone next to thumb to externally rotate hand at wrist/forearm junction.



Nikkyo - Joint lock from Aikido Japanese Martial Arts

Study video for specific directions.

Using four finger from other hand, grip the hand on the palm surface just next to the thumb. With the thumb of your other hand, contact between the hand and the forearm. Pull hand in firmly toward your chest, next pull your hand firmly down toward your groin and hold the stretch.



Ikkyo

Study video for specific directions.

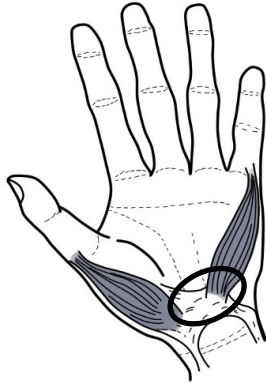
Using four fingers of other hand, grip the palm surface of your other hand next to your little finger. Using the other thumb of the other hand, contact the palm surface of the first metatarsal shaft next to the thumb. Keeping the forearm of the side being stretched parallel to the floor, push the hand, attempting to approximate the palm surface of the hand to the under belly of the forearm and hold this stretch.



The Sound of One Hand Clapping

Keeping thumb pressure on the carpal tunnel arch, shake the hand quickly and loosely back and forth for 2 seconds.

Note: Do not cause pain, be gentle.
(refer to wrist fix on page 7)





TM