

Treating Carpal Tunnel Syndrome with Qi-Gong "Baoding" Balls

Eytons' Earth ~ Treating Carpal Tunnel Syndrome

If someone would have walked up to me ten years ago and said: "Hey, just slap some mud on your arm, that'll fix it!" I would have walked away wondering why that person wasn't locked up somewhere.

My own personal recovery from Carpal Tunnel Syndrome took 8 months, cost me one job, and almost resulted in the loss of use of my left hand (I'm left handed). The only reason I became motivated to change my "hand habits" was the fact that I love to write. The loss of my left hand would have been a blow to my heart, and provided a great motivation to find a non-surgical solution. As far as I was concerned, surgery was out of the question. A friend of mine no longer had the use of her right hand due to complications arising from just such a surgery. She will be on disability for the rest of her life barring no medical breakthroughs.

I had lost the ability to drive (I had a truck with a manual transmission at the time) and my "word processing" speed fell from 145 wpm to under 40 wpm in about one month. I would soak my hands in piping hot water many times daily for relief from the pain.

At that time, unfortunately, my studies had not yet led to Bentonite and healing clays. I had to learn relaxation methods, since I carried a great deal of tension and stress in my body.

My intuition led me into a Chinese goods store, where the store manager, who saw that I was holding my arm in pain, exclaimed, "I know just what you need!"

He handed me a set of Baoding Balls used in Qi Gong. I twirled the jade balls maybe three times in my left hand, then fell to the ground in pain. I knew these were just what I needed; that this was an answer to an unspoken prayer.

Over the next few months, I redesigned the muscle structure in my arms back to their "natural" condition. Slowly the pain subsided.

When first starting out with Qi Gong balls, one should choose a size and weight that comfortably fits in the palm of the hand. As the muscles are strengthened, it is often advantageous to switch to larger and heavier sets. One rotates the balls in the hand, always keeping the balls touching until one achieves greater levels of mastery. Both hands need equal treatment, and the balls should be rotated in BOTH directions in each hand, even though this may at first seem extremely difficult! This is critically important to developing lasting habits, and has many beneficial side effects.

At first, depending on the severity of one's condition, only use the balls for a minute or two at a time, switching hands as needed. While the novice may find it nearly impossible to accomplish, the flexibility of the fingers WILL increase with practice. When practicing Qi Gong, allow the upper arm and shoulder to relax as much as possible, with the lower arm extended and exactly perpendicular to the ground, so that the arm actually forms an "L" shape. At first, the wrist may not be strong enough to stay parallel to the ground. As time progresses, try to adjust use so that the center of the palm (facing upward) is always parallel to the ground. The lower arm should be perpendicular with the front of the body as well.

Use should be adjusted to accommodate individual conditions. One need not overuse the balls. In the event one experiences any pain, simply reduce the amount of time practicing.

In time, balls that are as much as 20 times the original weight may be used. In fact, with practice, anyone can use as many as four balls in each hand simultaneously!

There are many, many benefits of this particular method of Qi Gong, most of which lie outside of the scope of this work. The practice increases circulation to the entire body, and massages the accupressure points on the hand. Slowly, the muscular structure of the arm is reformed to a much more natural state. Pain subsides. Strength returns.