

heart diseases, if the patient strictly follows the regulations for practicing this exercise.

4. Playing hand bracelet or hand ball therapy

These hand bracelets (Fig. 37) and hand balls are small health-maintaining instruments which can produce good effects for improving life quality and maintaining health through the exercise of the hand and stimulation applied to meridians and acupoints. These exercises can remove stagnation from meridians and promote the circulation of *qi* and blood.

The hand bracelets are rubber wheels that come in large, medium, and small sizes for people with hands in different sizes and there are many granules scattered on their surface. The elastic bracelet may be held in the palm and repeatedly and rhythmically squeezed and released. The granules produce a massage effect to stimulate many acupoints on the palm for promoting the circulation of *qi* and blood, improving movement of joints, and refreshing mental activities.

The hand balls are paired balls made of rock crystal, stone, glass or metal (stainless steel, bronze or iron) with a smooth surface, also called mother-child or male-female balls. They are manufactured in sizes suitable for all. The balls are nimbly rotated in one or both hands to press and knead the palm acupoints for relaxing muscles, promoting circulation of blood,

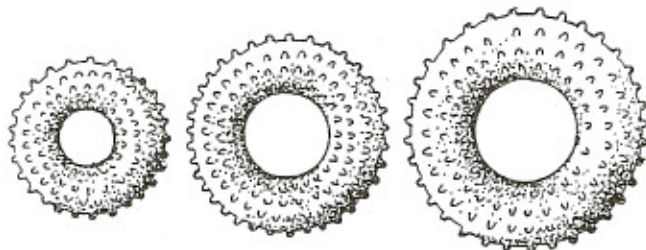


Fig. 37

improving movement of joints, refreshing mental activity, and retarding the aging process. The number of balls rotated in each hand may be gradually increased from two to as many as eight, as the user becomes more skilful. The hand ball exercise may be performed along with elegant gymnastics as a physical exercise and an enjoyment of art, beneficial for both body and mind.