

## Arthritis of the Thumb Joint

I was pondering what to write about in this month's newsletter and then I had three clients come in, all suffering from the same problem. That made up my mind. The topic this month is thumb pain.

Several years ago, when I was still in New York, I had a regular client come in and tell me she had just been told she had arthritis in her thumb joint. I asked how she knew that and she showed me her hand. Her thumb was bent all the way in toward her palm and when she tried to bring her hand flat, the joint was painful, preventing her thumb from moving.

She had been given medications for the arthritis, but when she checked it out on the internet, the potential side-effects scared her so much she decided to just suffer with the arthritis. I taught her the self-treatment I'm going to show you....the results were fantastic!

### Why a Tight Muscle Causes the Symptoms of Arthritis of the Thumb Joint

We use our thumbs uncountable times every day. It is impossible to even consider how many times we have used our thumb muscles over the course of our lives, but we never think about the muscles that enable us to do that movement. Yet, think of what life would be like if you lost your ability to use your thumb.



Your thumb muscle, called Opponens Pollicis, originates on the ligament that forms the bridge to your carpal tunnel. (More about carpal tunnel syndrome in a future newsletter)

It inserts into the joint that is at the base of your thumb. It forms the bulge at the base of your thumb, right where the thumb of the right hand, shown on the graphic on the left, is pressing into the left hand.

For example, do the movement shown above, pressing your right thumb into the thick muscle at the base of your thumb. Then move your left thumb in toward the palm of your hand. You'll feel the muscle contract.

As the muscle is repetitively strained it shortens. The problem is, as it's shortening it is pulling on the bridge to the carpal tunnel and moving your thumb in toward your palm. When it gets tight, if you try to bring your thumb out it will pull at the joint. It's like pulling your hair and then your scalp hurts.

The good news is it's simple to release the tension in the muscle fibers, it just takes a long time to get it to really release.

## Treating Your Opponens Pollicis Muscle

It's simple to treat your Opponens Pollicis muscle.



Place your opposite elbow directly onto the muscle. Wrap your fingers around your elbow to stabilize it so it won't slide off the muscle.

Press deeply into the muscle and either stay still or move very slightly back and forth to lengthen the muscle fibers.

Or you can...



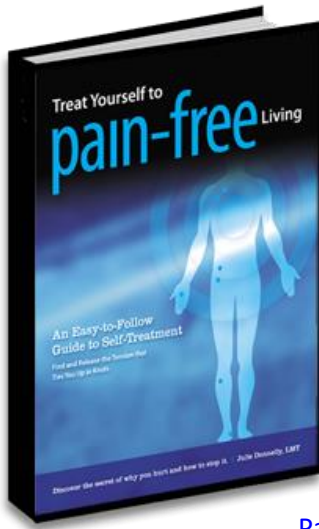
Place your bent middle finger directly into the muscle and wrap your hand around your hand to stabilize so your knuckle won't keep sliding off the muscle.

Hold the pressure for about 30 seconds and then move  $\frac{1}{4}$ " along the muscle to a new spot.

I developed this technique when I had carpal tunnel syndrome. It took me hours of self-treatment to get the muscle to finally relax and not be painful. That's when you know you have finally released the tension and the strain is removed from the bridge to your carpal tunnel (flexor retinaculum).

Even if you don't have the symptoms of carpal tunnel syndrome, doing this technique will make your hand feel so much better, more flexible, and light.

Treat Yourself to Pain-Free Living!



It's the name of my book, and it says exactly what you will experience when you discover how to release tight muscles that cause joint pain.

People have told me this book is their first "go to" when they have aches and pains, and it has saved them hundreds of dollars in doctor visits and pain medications.

For only \$49.00 you can treat muscles that cause everything from headaches to foot pain...a bargain at twice the price!

[Order Now](#) and start to feel more flexible and pain-free quickly.

**Amanda & Garrima, please use this link for "Order Now"**

[Pain-Free Living book - Julstro Method](#)