



No, That's My Playdoh!

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Never grew up? Are you a big kid who likes to play hot wheels and legos? First off, get yourself to a psychiatrist! Secondly, here is your chance to relive a little bit of childhood. Tell your kids to go clean their room and then you can raid their toy box.

This article will focus on how to relieve some of the stresses on your hands associated with heavy training. I know you've been benching, deadlifting, squatting, farmer's walking, stone lifting and all kinds of other exercises trying to build upon your strength foundation. Well, that takes a toll on your hands - the tendons, ligaments, muscles and carpal bones in your hands. Stressed, aggravated and carpal misalignment from compression or extension issues - are very common when you are training functionally. This is because the angles, postures your wrists and hands are moving in are non-linear and typically beyond your normal range of motion. Here is a quick and cheap way to alleviate the pain and repair the damage in your hands done by you big kids out there.

Before your workout - grab some playdoh (oh sweet, sweet playdoh) and throw it in the fridge. Hit your workout, hit a quick recovery meal and come back hit your shower. While you're chilling on the couch, get out the chilled playdoh and have some fun. Squeeze it between your fingers, roll it and just kneed it between your hands. It is a very cheap stress ball - but you are also getting the added benefit of the cold therapy. When you're done - your hands will feel like a million bucks. For some addition hand therapy tips, check out my article, [Arm Wrestling - Pulling Big III](#).

Quick Supplement Considerations:

Also, don't forget about some very common supplement considerations to ease your general aches and pains. To alleviate pain, stiffness, and swelling of your hands (and/or joints) - supplementation with some of the following could help you start feeling better immediately:

Glucosamine - may help in reducing joint, connective tissue and cartilage pain.

Peanut Butter, Nuts - Monounsaturated fats are called "good or healthy" fats because they can lower your bad (LDL) cholesterol - almonds, cashews, pecans and peanuts.

Water - on average, 60 percent of your total body weight is water.

Fish oils / Flax Seed Oil - omega-3 fatty acids - healthy heart, brain, joints and immune system

There are many more I recommend, but this is the quick list that everyone should be using.