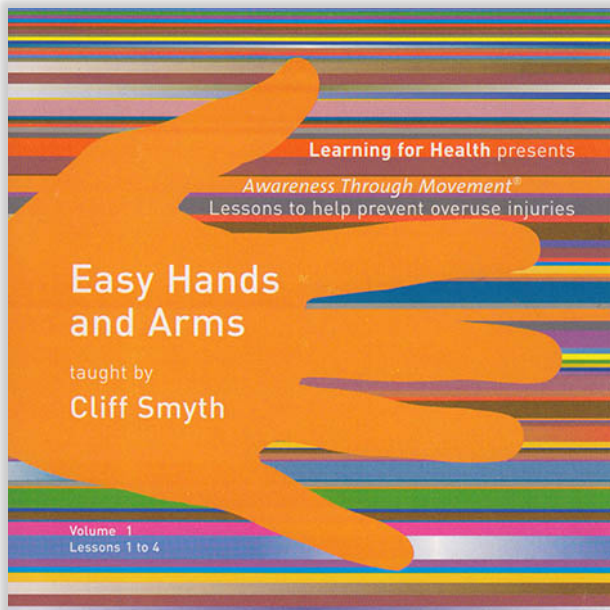


Cliff Smyth

Easy Hands and Arms

Awareness Through Movement Lessons
to Prevent Overuse Injuries

Volume 1 2004



These lessons are for people who want to make the use of their hands and arms more comfortable, efficient and enjoyable. They also are beneficial for those at risk of overuse injuries of the hands and arms.

Our hands and arms are an important part of our self-image – for sensing ourselves and the world, expressing ourselves and getting things done. The lessons help you find the dynamic support of your skeleton to reduce fatigue and strain. Attending to how we use our selves can help us prevent injury and do more of what we want in our lives. The themes of these lessons include:

Volume 1:

1. Turning & twisting
2. Your spine supports your arms
3. Moving from shoulders & hips
4. Reaching with a soft hand