

Pain-Free Guide

# Tingling Hands



## **Our Most Effective Tips & Exercises for Tingling Hands**

No more confusion. Our guides are explained clearly and understandably by Germany's leading pain management specialist Roland Liebscher-Bracht.

Liebscher & Bracht



## Who We Are

- Dr. med. Petra Bracht is a general practitioner, a homeopathy practitioner as well as a passionate nutritionist.
- Roland Liebscher-Bracht is the pioneer behind our pain therapy and brings a new perspective to pain management and healing. Fifty years of experience and expertise in delivering martial arts training and working as a health expert for martial arts associations have helped him develop unique exercises and a pioneering Osteopressure technique that alleviate all sorts of pain.

The work and research that Dr. med Petra Bracht and Roland Liebscher-Bracht have done together led to a discovery: most sources of pain are caused by excessive tension in the body's muscles and fasciae. Their finding led to the development of the groundbreaking Liebscher & Bracht pain therapy. Since then, many healthcare specialists, physiotherapists, and alternative medicine practitioners across Europe have been trained in the unique Liebscher & Bracht approach.

The mission: to provide everyone with the knowledge and skills they need to live pain-free lives.

Liebscher & Bracht

# Our Therapy

Do you experience a tingling sensation in your hands regularly? Do your fingers “fall asleep”? Or are you forced to put up with pain that seems to radiate up towards your shoulder? Then this is the guide for you! Tingling hands is both bothersome and extremely common. It’s also more than likely the result of built-up tension and pressure in the muscles and fasciae. Therapists trained in the Liebscher & Bracht method treat the cause of your pain by using Osteopressure, an essential part of our therapy to help reduce your pain naturally:

- Pressing on specific pain receptors in the bone periosteum to control and reset the related brain programs. Bone periosteum is tissue that covers the outer surface of our bones, and it plays a major role in bone growth and repair.

If this is successful, the musculofascial tensions can return to normal. This means that the joint surfaces and vertebrae in your spine no longer press together so strongly, and you should become more flexible and, eventually, symptom-free.

**The Liebscher & Bracht pain therapy consists of three components that you can use together or independently:**



## Stretching

Performing regular stretches helps free muscle tension and prevents the fasciae fibres (a densely packed connective collagen tissue that lies beneath the surface of the skin and between the muscles) from hardening.



## Foam Rolling

Using fascia foam rolls on your legs, hip, back or neck helps relax the muscles and fasciae tissue.



## Osteopressure

With Osteopressure, an essential part of our therapy, you can help reduce your pain naturally by applying light pressure on problem areas with our unique tool set.

This guide provides you with the exercises for all three components. Doing these exercises regularly and consistently may help you to finally become pain-free — without any side effects, surgery, or medication.

# Frequently Asked Questions

## How will stretching help me?

- If you only do repetitive movements, movements that involve one side of the body, or just don't move enough, the body's muscles and fasciae become tense and inflexible.
- As tension in the tissue increases, more and more pressure is eventually placed on the joints.
- This results in chronic painful conditions that can become worse if left untreated.



Most people spend the majority of the day standing or sitting down. Performing regular stretching exercises tackles the cause of your pain. A consistent routine helps ease muscle tension, stretch the connective tissue, reduce the pressure on your joints, and increases your range of motion.

## What if I find stretching difficult?

- Try using the Liebscher & Bracht Stretching Strap. It has been designed specifically to make stretching positions that are uncomfortable, painful, or even impossible much easier to execute.
- The three sections of our Stretching Strap help you stretch as far as possible in the first instance. Our Stretching Strap will help you increase your stretches gradually, so you become more flexible without hurting yourself.
- While you stretch, pay close attention to your personal pain scale, which goes from 1 to 10. Challenge yourself to stretch at an intensity that's between 8 and 9; you should still be able to breathe calmly despite the initial discomfort. Never exceed 10. If the stretch hurts too much, you are probably being too ambitious. Reduce the intensity of the stretch and carry on.

**REMEMBER:** For the best results, you should always aim to hold each stretch for a minimum of 2 minutes and practise daily.



# Stretching

## How to stretch correctly:

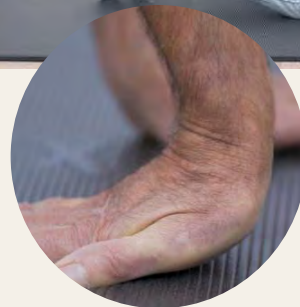
- Practise for about 10 to 15 minutes each day to achieve the best results.
- Move slowly and hold each stretching position for 2 to 2.5 minutes. Stretches that are held for just a few seconds have little or no effect.
- Keep within your own personal pain scale and never go beyond 10.

You should see step-by-step improvements even if you are new to stretching, or your pain is initially too strong. Start small, slow, and steady and stay within your ability.

## Stretching Exercises

For reducing tension in the hand flexors.

- Start on the floor and place your hands shoulder-width apart and your knees hip-width apart.
- Next, turn your right hand clockwise so that your fingers are pointing towards your knees and your thumb is facing out to the right. Make sure to keep your hand flat against the floor.
- Hold this position for 30 seconds and then slowly try to lift your palm, while keeping your fingers against the floor. To help increase the stretch, slowly lean your hips back towards your heels.
- Hold this extended stretch for 1 minute, slowly release and give your wrist a little "shake out".
- Repeat the above steps with the left hand.



# Stretching Exercises

For reducing tension in the hand extensor muscles.

## Part 1:

- Stand next to a desk and place your right hand on a soft surface, i.e. a towel or a rolled-up Stretching Strap.
- Your palm should face upward. Your fingers should point toward your hip and your elbow/arm should be locked straight.
- Tuck in your thumb and form a fist with your hand. To increase the stretching effect, wrap your other hand around your fist and keep it closed tightly. Stay like this for 1 minute.
- Then apply counter-tension by trying to straighten the wrist of your right hand for 10 seconds. Your wrist should remain bent at all times and your hand stays clenched.
- After the 10 seconds, slowly stop the counter-tension but keep your hand in the same position as before for another 20 seconds.
- Repeat the above two steps again.
- Then slowly release your hand, give it a gentle shake out and repeat the exercise with your left hand.



## Part 2:

- Lie down on your stomach. Stretch your right arm out and then, using your other hand to support you, place the Knee Hero (or books or foam roller) just under the back of the upper arm (close to the elbow).
- Hold for 1 minute. Then, try to push your armpit towards the floor to increase the stretch. Hold for 10 seconds, then slowly release.
- Next, bend your extended arm so that your hand touches your shoulder. Using your other hand, press your forearm into your shoulder and hold for 30 seconds.
- Then push your armpit towards the floor again and hold for 10 more seconds. Repeat this step two more times.
- Once done, perform the exercise again on your left arm.

## Foam Rolling

### Fascia rolling for tingling hands

If you suffer from tingling hands and feet or other conditions where tingling hands is a symptom, such as repetitive strain injury or carpal tunnel syndrome, then you may benefit from our fasciae foam rollers and massage techniques. The rollers and balls have a soft surface but are designed to allow maximum pressure without damaging your body.

Our massage exercises focus on decreasing tension in the fasciae, making them more flexible, while simultaneously, preventing further shortening of the fasciae fibres. The massage action also stimulates cell metabolism in these tissues and promotes good blood circulation.

### How to foam roll correctly:

- Always roll slowly and with constant pressure. Do not use vigorous or excessive pressure.
- Pick your least tight spots, then move towards the tense areas.
- Roll in one direction to help move the intercellular fluid.
- Roller techniques: Always roll towards the heart. So, for example, from fingertips upwards along the arms, or from the feet and legs over the crotch along the torso upwards, or from the top of the head downwards.
- Ball techniques: Small spiral movements; increasing the pressure in particularly sensitive areas.

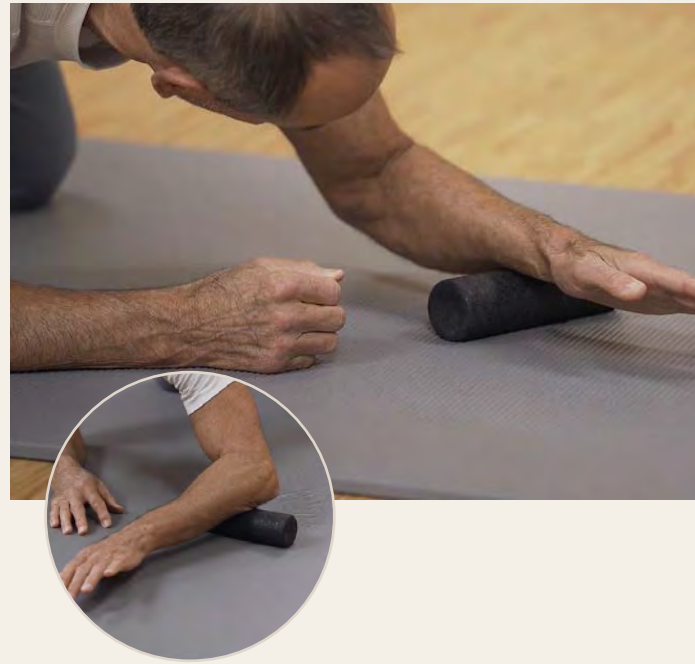


## Foam Rolling Massages

For reducing tension in the forearms and wrists.

### Part 1:

- Starting on your hands and knees, grab your Mini Foam Roller and lower your upper body so that you're resting on your forearms.
- Then, place the Mini Foam Roller under the left wrist. Make sure to keep your hand and fingers straight.
- Begin to very slowly roll the foam roller up towards your elbow, making sure to apply moderate pressure.
- Keep an eye out for any particularly sensitive areas, as these will need to be worked on for longer (roll very slowly back and forth over these painful areas until the tension releases).
- Repeat the above steps on the other arm.



### Part 2:

- Next, grab your Mini Massage Ball and place your arm on a table in front of you. Your elbow should be bent at a 90-degree angle.
- First, slowly roll your inner elbow. Roll along the bone, making small spiral movements and applying moderate pressure.
- After roughly 1 minute, roll your outer elbow.
- Don't forget to perform the foam rolling massage (part 1 and part 2) on the other arm.





# Osteopressure

## Pressure point therapy for tingling hands

Liebscher & Bracht's pioneering Osteopressure therapy uses a unique tool set consisting of two handles and a variety of attachments. Each attachment has a different shape and degree of hardness so you can target every area of the body with ease.

- Pressing the affected area with an Osteopressure tool helps reset pain-related triggers in the brain.
- Osteopressure therapy relieves tension deep within the tissue and muscle.

### What you'll need for the following exercise:

- Spherical-shaped handle
- Flat attachment (level of hardness: soft)

\* If you don't have our Osteopressure tool set to hand, you can use something similar in shape (and softness), for example, a whittled wine cork.



# Osteopressure

For the forearm.

## Part 1:

- Sit on a chair and rest your right arm on your leg. Your thumb should be pointing up and your palm should be open flat.
- From the middle of your forearm, start walking your fingers up towards the elbow and use your left fingers to find the radius bone (the upper forearm bone).



## Part 2:

- Now, grab your Osteopressure tool, firmly grip the round handle and with the flat tip, push directly down onto the point you just located.
- Starting from the middle of the forearm, work your way up the bone (towards the elbow) and find any pain-sensitive areas. Once the pressure subsides in each pain point, vary the angle of your Osteopressure tool and apply more pressure. Do this until all pain subsides.
- Pay attention to your personal pain scale. The closer you get to the elbow, the more sensitive the pain becomes. Make sure to stay at around 9, where you can still breathe comfortably.
- Don't forget to repeat all of the above steps on the left arm too.

# An Overview of Our Pain-Relieving Tools



## Foam Roller Set

- The foam roller set can be used for the exercises or for a relaxing self-massage afterwards.
- Roller massage exercises help stimulate the metabolism and support joint and cartilage regeneration.
- Specially developed for pain patients: its gentle material and different degrees of hardness means you should find one that suits your needs.
- The complete set of 4 massage tools includes: the Midi Foam Roller for back, arms & legs; the Mini Foam Roller for your head, neck, hands, & feet; the Midi Massage Ball for your shoulders & buttocks; and the Mini Massage Ball for your face & feet.



## Osteopressure Tool Set

- Treat your pain, from head to toe, with light Osteopressure.
- The pressure sets help relieve tension across the whole body.
- The acupressure tools, with foam attachments, are designed so you can press on those 'harder-to-reach' areas, without damaging tissue.
- Different degrees of hardness so you can choose the perfect attachment for each area of the body.

# An Overview of Our Pain-Relieving Tools



## Knee Hero

- An ideal tool to help prevent and treat your knee, leg and foot pain, such as Achilles tendonitis or calf cramps.
- Its wedge-shaped design helps stretch your calf muscles and provides lasting relief for cartilage and joints.
- You can combine different size wedges to increase the stretching intensity.
- Simple to use, and you can do these exercises morning, noon or night; for example, when brushing your teeth.



## Back Hero

- The Back Hero is perfect for both beginner and advanced stretches.
- Effective against kyphosis (hunched back), hollow back, herniated discs, spinal canal stenosis, spondyloarthritis and osteoarthritis, as well as general back pain.
- Simply lie on the Back Hero and stretch away the musculofascial tension that is often associated with back pain.
- 3 bases and 2 height adjustment attachments so you can set your ideal stretch intensity.
- Includes grooved attachment for maximum spinal protection.



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# An Overview of Our Pain-Relieving Tools



## Jaw Hero

- The Jaw Hero helps you strengthen your jaw muscles, relieve tension, and ease pain.
- Stretching with Jaw Hero is an effective way to treat TMD/TMJ, teeth grinding and clenching (bruxism), tinnitus, headaches, migraines, and trigeminal neuralgia.
- Includes 2 porcelain ceramic holders (small & large), and 7 cork caps of different sizes so you can increase or decrease the intensity of your stretch.
- Caps are made from soft, sturdy cork to protect your teeth.



## Neck Hero

- An innovative all-in-one tool that combines stretching and pressure point therapy.
- The Neck Hero is your go-to for a stiff neck, torticollis, cervical spine pain (like atlas misalignment and herniated discs), headaches, and shoulder pain.
- Includes 3 stackable parts: 2 bases (a middle and lower base) and an attachment for height adjustment.
- Curved top to support your lower skull.
- The Neck Hero is made from high-quality EPP foam. The soft surface and firm core provide an intense, tension-relieving stretch that won't injure your neck.



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## Diet & Nutrition

If you're struggling to cope with pain from a specific condition, the first thing that might pop into your head is to make a beeline for the kitchen drawer or bathroom cabinet and reach for that box of painkillers. While they might seem like the ideal solution at first, those pills are only masking the pain for a short duration as they're not treating the underlying causes.

Yet, recently, research shows that the best way to treat pain and inflammation could well lie in the supermarkets and your refrigerator! By choosing the right foods and following an anti-inflammatory diet you could reduce your risk of illness (as well as inflammation and pain) and reduce symptoms from conditions such as arthritis, IBS, headaches, migraines, achy joints and muscle pain.

There are a number of great ingredients that are full of antioxidants and anti-inflammatory foods that are rich in important minerals, vitamins and phytonutrients. Here are a few to get you started:

- Turmeric
- Ginger
- Garlic
- Chili Peppers
- Berries
- Mint

\* Couple these tips with our special pain-relieving exercises for the best results! But remember, everything in its own time. Practising daily and optimising your diet will help improve your overall quality of life, so long as you stick to it.

Our high-grade supplements give your body exactly what it needs to stay healthy. Thanks to the clinically proven premium quality of our nutrients, your body can process it easily and really get the most out of one pill. Learn more about our supplement range [here](#).



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## A Pain-Free Life Awaits You.

