

Get a Grip!

Healthy Hands for Strength & Longevity

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Session Description:

Strong hands are just as important as strong feet. Join Naboso founder Dr. Emily as she takes you through a three-step healthy-hands program that focuses on strength, mobility, and sensory stimulation. Walk away with simple and fresh strategies to optimize client performance and function.

Grip Strength as a Biomarker

Indicator of risk of heart disease, respiratory disease and / or cancer
Minimum for female grip strength 35 lbs
Minimum for male grip strength 57 lbs

Types of Grips

Precision Grip
 Pinch Grip
Power Grips
 Cylindrical Grip
 Spherical Grip
 Lateral Grip

Hand as a Neurosensory Structure

Mechanoception
Proprioception
 Texture & resistance as neurosensory stimuli

Fascial Integration of Hand

Deep Back Arm Line
Deep Front Arm Line
Superficial Back Arm Line
Superficial Front Arm Line

Hand to Shoulder Activation Technique

Short Hand
Finger Strength

Total Body Tension for Grip Strength

5 Point Hand Release
Pec Minor Release
Wrist Mobilization
Pec Minor Scap Mobilization
Nerve Flossing
Activate Hands
Shoulder Centration
Short foot total body grip