

Feeling Fit with FSHD

Exercise Workshop #4
March 9, 2023

Presented By: Frank Hanley

Facebook group: Qigong for FSHD

<https://www.facebook.com/groups/qigongforfshd>

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Session Outline

- Meet Your Instructor
- Hand, Wrist, Forearm exercises
- Open Discussion, Q&A and Review

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Housekeeping

- Refer to the video in the BLOG on the FSHD Society website.
- Disclaimer – use caution and your best discretion if you want to try these exercises. If you are not sure, follow along and consult your doctor for guidance.
- Handout --- Put name & email in Chat or email me for a copy

Feeling Fit with FSHD

Workshop #4

Frank Hanley

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FSHD – 18 years old, left shoulder

1993, foot drop, first diagnosis @ MDA in Edison

Early 2000, son had shoulder issues, but was not FSHD

2012, Johns Hopkins. Genetic test was Type 1 positive.

Spring 2019, Philly FSHD meeting, June retired to SC

Fall 2019 had SC FSHD “interest” meeting, February 2020 had Chapter launch, March 2020 COVID

2020 started FB ‘Qigong for FSHD’ group...

Frank has been practicing martial and energy arts for over thirty years.

He started training at the "Shaolin Kung Fu School" in Somerville, NJ.

Had family ... In 2009, met Tom Grant and began practicing qigong and Hung Ga style kung fu.

Sifu John Jurewicz at the Hung Wing Kung Fu School in Newark, DE.

2019 awarded Level I Qigong Instructor Certification by the National Qigong Association.

-NQA Certified Qigong Instructor

-Member - NQA Conference Planning Committee

-Presenter - 2018 NQA Annual Conference

-Guest speaker on the Monthly 'Qi Talks' program

-Demos @ Abilities Expo 2021

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Equipment

- light weight dumbbell
- Rubber ball
- Short pole

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Hand Shapes

- open hand
- open hand, spread fingers
- snake
- fist
- claw

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Warm-Up Exercises

- Turn the doorknob
- Forearm twists
- Wrist circles
- Clap hands
- Shake out hands
- Touch fingers to thumb

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Hand Exercises

- Tight fists, spread fingers
- Open and close, front, side, up, down
- Fingertip tapping
- Make claw, repeat.. front,side,up,down
- Thumb across palm
- Thumb circle

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Wrist Exercises

- Wrist curls, loose fist
- Wrist circles, open hand
- Wrist circles, fist
- Wrist drop and pull up
- Snake side to side, up and down, circles
- Wrist curls, tight fist
- Wrist curls, small weight
 - circles, curls, drop and pull up, straight fist up and down

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Forearm Exercises

- Forearm twist
- Curl up wrist & hold
- Fingers support heaven & hold
- Wrist roller with pole