

High Sports Brighton was the place I chose for my research trip. The idea behind this choice was to add pressure and tension to my hands and wrists to try and give myself a feeling close to the symptoms of Arthritis.



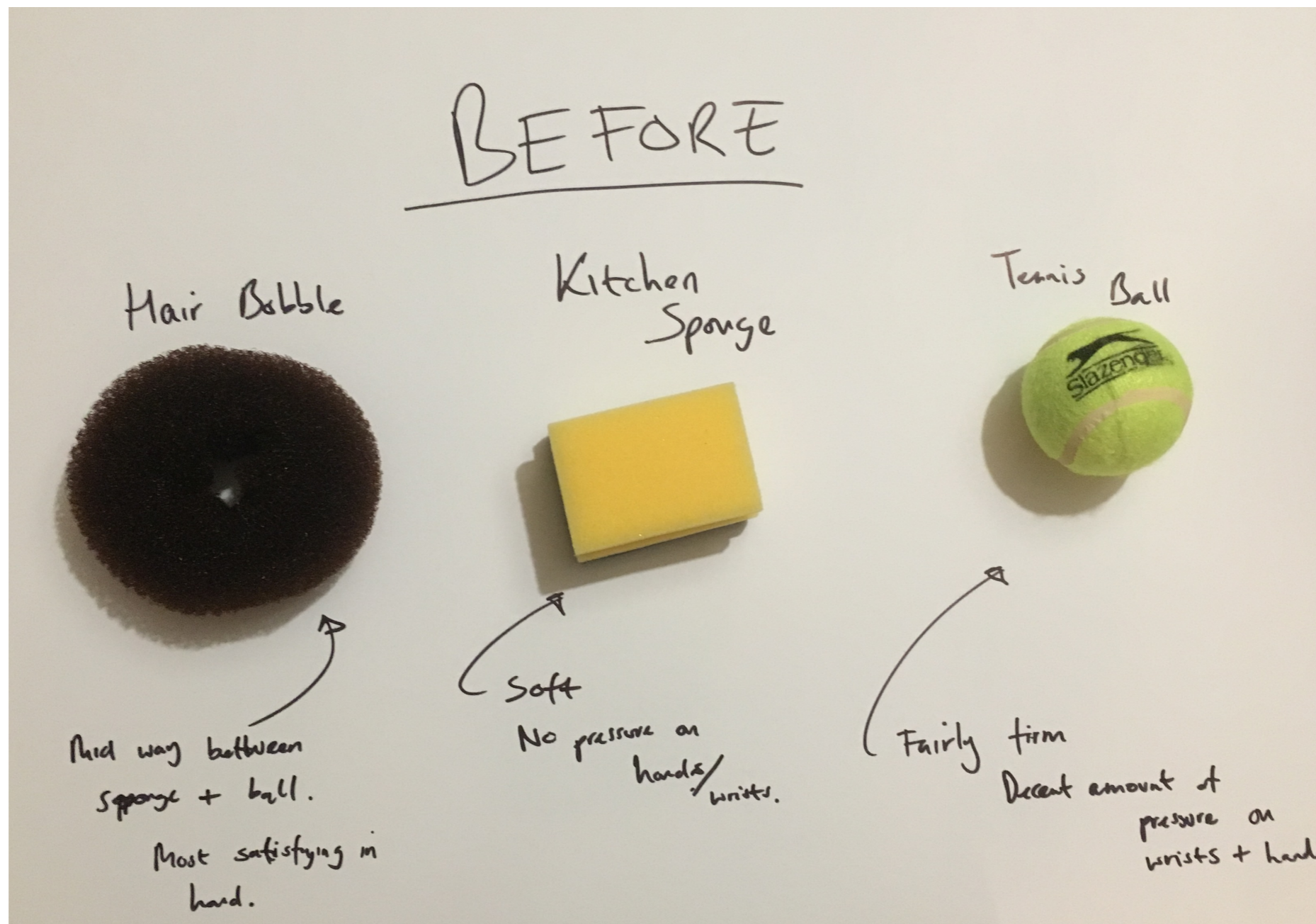
After doing some research into cheap, reliable products that can be used for hand therapy I chose to go with these three. Each with a slightly different feel and material strength. I wanted to see if any of them felt different when handling before going climbing, during climbing and after it had finished.



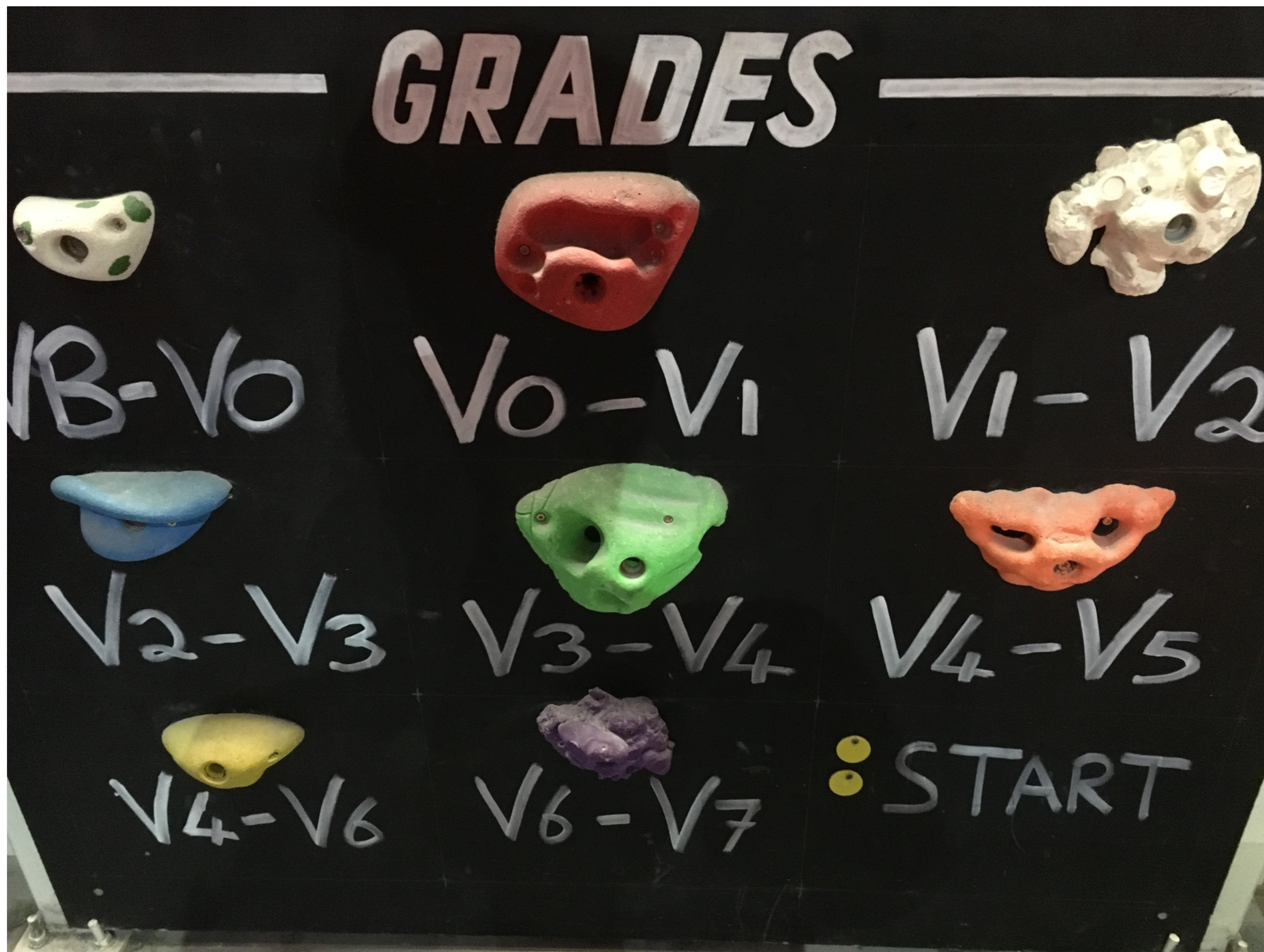
I travelled down on my own to spent around 40/50 minutes climbing, taking regular breaks to give my hands slight rest throughout. Although I was there to add pressure to my hands, it was interesting to see the different forms that were stuck on the wall and how each individual one was better fitting to the hand or the feet.



Before going climbing I recorded briefly how each product felt in my hand. The tennis ball was the firmest out of the three, the sponge was the weakest and the hair bobble was the most comfortable. Each added different challenges to my hands, particularly the knuckles and fingers.



Upon arrival at the centre I was showed this wall. Each different form was coded to show the level of difficulty, throughout the whole experience the red excesses were by far the most helpful with the hand. The smaller pieces didn't add anything but strain to my hands and wrists.



Here are some of the pieces that are stuck to the wall. The texture and shape of each piece was different, It added tension to my hands straight away, It was like holding onto a heavy shopping bag for too long and when you let go, moving your fingers back and fourth is in slow motion.





About 20 minutes into the climb I had a short break where I handled all three items again. The tennis ball, which was the hardest to squeeze before the climb was even more firm. My fingers, already in slight pain, felt even worse whilst trying to squeeze it.





The sponge, very similar to before, was the weakest and didn't add much support or therapy at all. It was easy to squeeze and didn't make my hands feel better or worse. This is used a lot within arthritis hand therapy, the same as the tennis ball is, however I felt like it didn't help much at all apart from maybe a slight mental satisfaction?



Again, the same as before, the hair bobble was by far the most satisfying and helpful out of all three products. The material was easily manipulated, however felt a little harder to do after climbing. My hands and wrist joints were feeling strain and this definitely helped. Would be interested to use this material a little more for testing within my practical work. It aids the hand and the mind whilst using it, felt very therapeutic.



All three materials added different challenges and textures to my hands. Overall the only one I'd say that actually helped that much was the hair bobble. The other two were either too hard to grip or too weak to feel any help at all.

