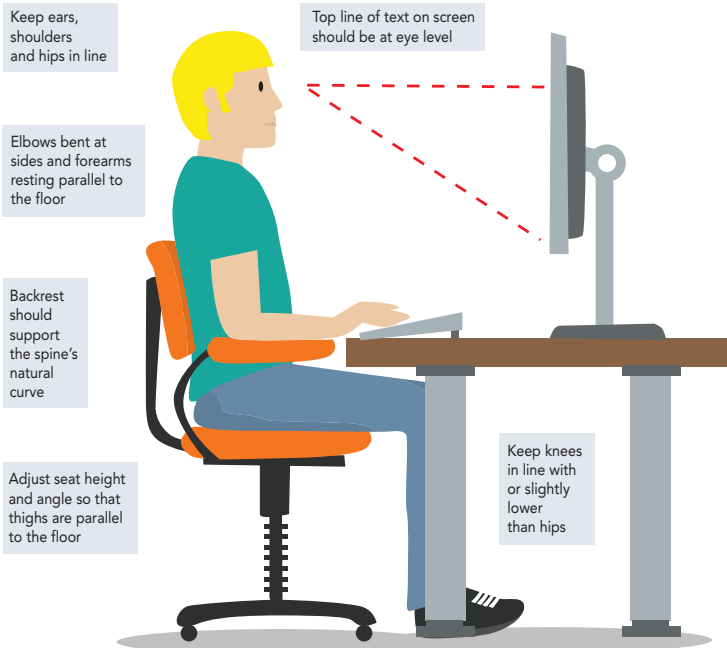


STRETCHES FOR WRIST AND HAND

If strain and pain are creeping into your day, try these tips to avoid pain, and help to prevent development of issues including tennis elbow, carpal tunnel syndrome, or other wrist and hand conditions.

Proper workspace set-up and ergonomics are important in avoiding pain while working at your computer.

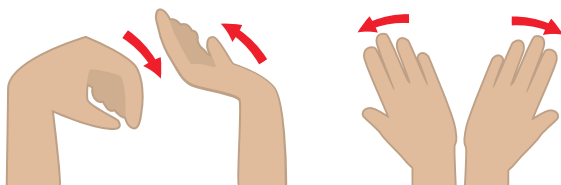


- Maintain Proper Posture
- Adjust Your Chair
- Adjust your Computer Monitor
- Check the Position of Your Keyboard and Mouse

Place your keyboard high enough to allow you to rest your arms with your elbows at your sides and your forearms parallel to the floor. Adjust your keyboard so you don't have to bend your wrists when you type. Place your mouse as close to the keyboard as possible to avoid unnecessary reaching.

Keep Moving! Moving and changing positions every 30-50 minutes is important. Take a quick stretch break, or get up and move around. Try these stretches specific to your wrist, hand and arm, and remember these tips:

- Start each stretch from a neutral, aligned position using good posture
- Stretch only to the point of comfortable tension, then relax and hold
- Don't bounce while stretching
- Stretch slowly and remember to breathe
- If you feel any pain, stop immediately and relax



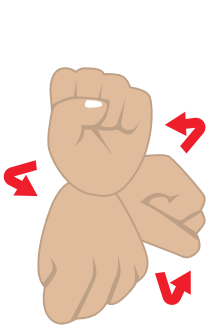
RANGE OF MOTION

Gently bend your hand upward and downwards from the wrist, and from side to side. Repeat 5-10 times for each hand.



HAND AND WRIST STRETCH

With arms outstretched in front of you, make a fist. Release your fingers and fan them out. Stretch them as far as you can (comfortably). Repeat 5-10 times.



RANGE OF MOTION

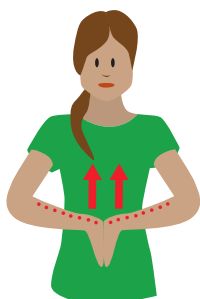
Move your hand in a circle that puts your wrist through a full range of motion; do two clockwise and two counter-clockwise on each hand.



WRIST STRETCH:

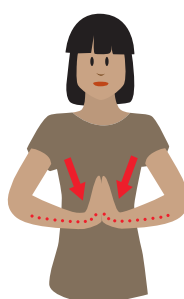
With elbows straight, stretch your left arm out in front with fingers facing down. Use your right hand to gently pull back fingers until you feel a stretch. Hold for 5 seconds. Repeat other side.

Repeat with fingers facing up, using your opposite hand to pull the fingers gently back towards you, keeping your arm straight. Hold for 5 seconds. Repeat other side.



FOREARM EXTENSORS

Press your palms together in front of your chest, fingers pointing down. Lift your hands towards your chest, keeping your palms pressed together tightly. Keep lifting until you can feel your forearms experiencing a mild stretching sensation. Hold for 10 seconds.



FOREARM FLEXORS

Press your palms together in front of your chest, fingers pointing up. Slowly lower your hands toward your waist, keeping your palms together and your hands close to your stomach. Hold 10 seconds.



PALMS OUT FOREARM STRETCH

Interlace your fingers, then stretch arms out and face your palms away from you. Hold for 10-20 seconds. Do 2 times.

REMEMBER TO GET UP AND MOVE AROUND OR TAKE A STRETCH BREAK EVERY 30 TO 50 MINUTES.

If you are experiencing pain while you work, talk to your supervisor about an ergonomic assessment. And, if you feel that pain is holding you back and interfering with your work and daily activities, see a chiropractor or other health practitioner to find out the cause and evaluate treatment options.