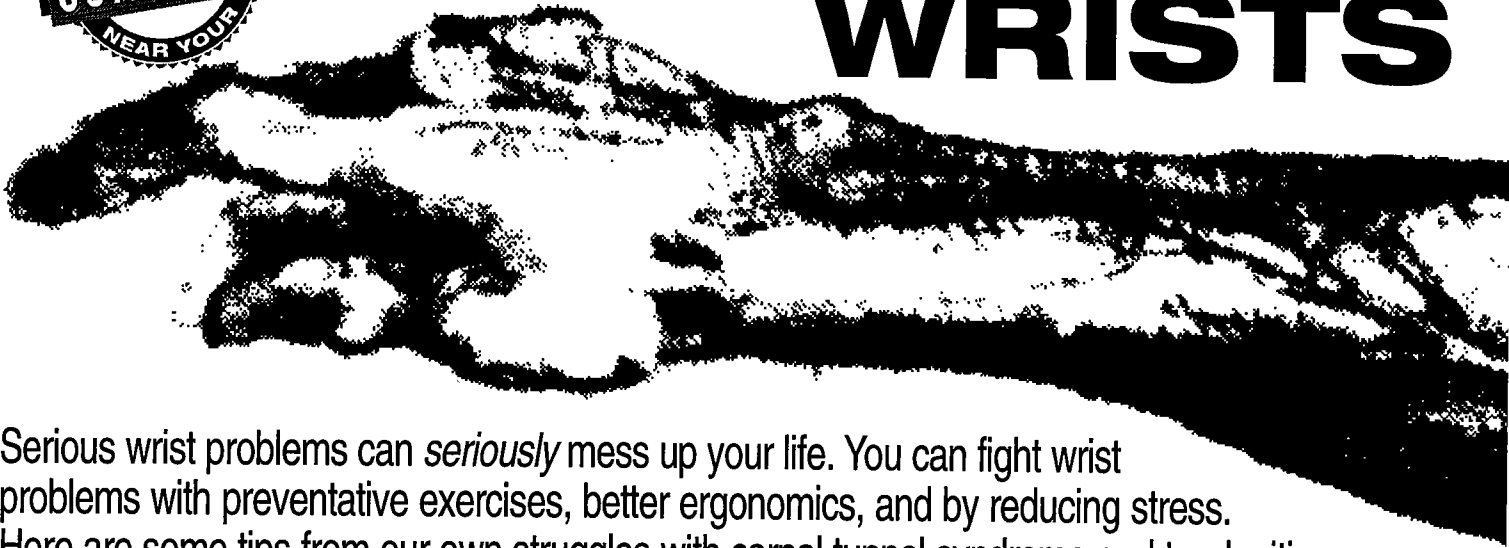


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CARING FOR YOUR WRISTS



Serious wrist problems can *seriously* mess up your life. You can fight wrist problems with preventative exercises, better ergonomics, and by reducing stress. Here are some tips from our own struggles with carpal tunnel syndrome and tendonitis.

Adam & Tonya Engst, TidBITS editors

Reduce Stress!

Take a break every hour. Relax, stretch, or talk with someone.

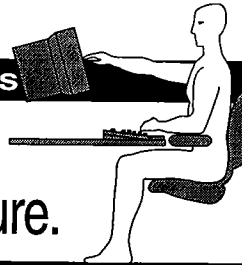
Massage your hands, forearms and the muscles in your neck.

Evaluate your environment for ways to reduce stress.

Learn to change your reactions to unavoidable stress.

Ergonomics

Watch your posture.



Don't crane your head and shoulders forward.

Use a keyboard wrist rest properly.

Drink plenty of water regularly.

Exercises

Squeeze a soft ball.

Stretch and curl your fingers.

Drop your hands to your sides and shake them gently.

Breathe deeply, exhale slowly. Yawn.

Stretch your neck.

Rest your eyes.



Check the details on the back...

