Tips For Keeping Your Wrist Healthy

- **Maintain Proper Ergonomics:** Ensure your work environment, especially if you work at a computer, is ergonomically friendly. Use a chair and desk that promote good posture and invest in ergonomic accessories, such as a supportive chair and a properly positioned keyboard and mouse.

- **Take Breaks and Stretch:** If you engage in repetitive tasks, take short breaks to stretch your wrists and fingers. Rotate your wrists, flex and extend your fingers, and perform gentle stretches to maintain flexibility.

- **Strengthen Wrist Muscles:** Include wrist-strengthening exercises in your routine. Simple exercises like wrist curls and reverse wrist curls can help build strength. Consult with a fitness professional for guidance.

- **Maintain a Neutral Wrist Position:** Keep your wrists in a neutral position whenever possible. Avoid excessive flexion or extension, especially during repetitive activities.

- **Avoid Excessive Force:** When lifting or gripping objects, use your entire hand and avoid putting excessive force on your wrists. Use both hands when possible to distribute the load.

- **Wear Wrist Supports:** Consider wearing wrist supports or braces if you have a history of wrist pain or if you are engaging in activities that may strain your wrists.

- **Ice and Heat Therapy:** If you experience mild discomfort or swelling, use ice packs or warm compresses to reduce inflammation. Consult with a healthcare professional for guidance.