



WHY DO MY HANDS HURT?

Repetitive activities that involve forceful gripping or twisting can lead to muscle shortening and tightness in the forearm and hand

This can lead to:

- Pain in the hand, fingers, wrist, elbow and even shoulder
- When muscles are tight, this reduce circulation and cause nerve compression.
- Muscle tissue and nerves need good blood circulation. Therefore, tight muscles can cause fatigue, stiffness, decreased range of motion and numbness/tingling.

WHAT CAN I DO TO OPTIMIZE MY HAND HEALTH??

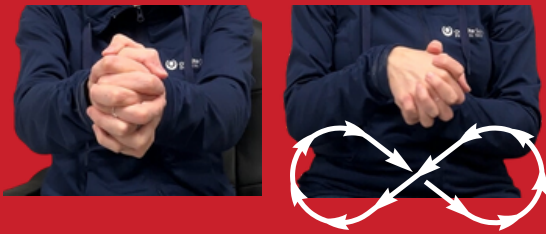
- Watch your grip!
 - Use just enough grip that you can safely do your job, but don't over grip
- Your hand is not a tool
 - Always use the correct tool for the job and don't use your hands to hit/bang materials
- Make sure your PPE/gloves fit well and aren't too small or too large
- Consider vibration-dampening gloves or handle coatings to reduce vibratory stress
- Make a conscious effort to use your non dominant hand when able
- Take microbreaks
- STRETCH!!!! (Examples on Next Pages)



HAND STRETCHES

Wrist Figure 8's

Clasp hands and make big figure 8 movement making sure to reach end range in both directions. 5 each direction



Finger Spreads

Using your opposite hand, spread the space between fingers as far as they will go. Repeat between each finger space. Don't forget between thumb and first finger. Hold 5 seconds each time.



Thumb Pull Backs

Gently try to bring thumb back towards your wrist. Hold 5 seconds, repeat 3 times.



Finger-Extension

Pull fingers back 1 by 1. Hold 5 seconds each



TENDON GLIDES

Repeat this exercise 5 times, 3-5 times per day to keep your muscles and tendons healthy

