

Remote Ergonomics: Weekly Newsletter #2: Hand, Wrist, and Arms



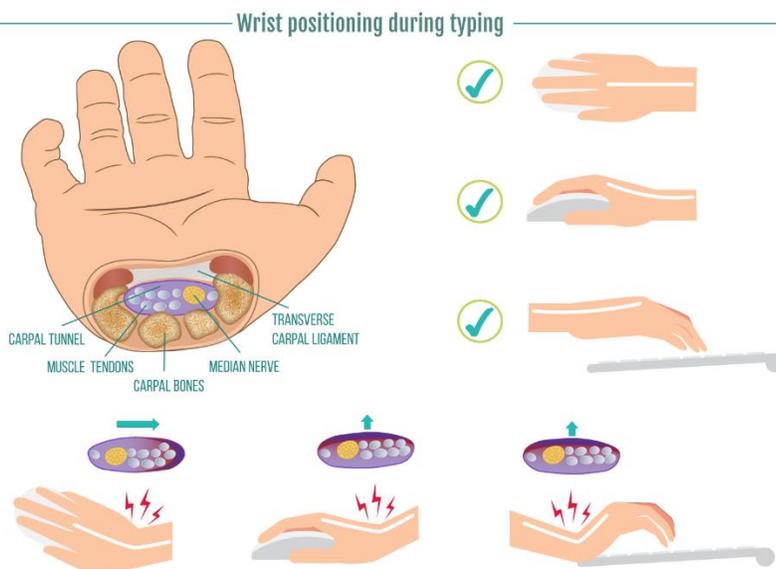
"If your typing slows down, the special ergonomic keyboard injects coffee directly into your fingertips."

Carpal Tunnel Syndrome (CTS)-

The Carpal Tunnel is an area, on the palm side of the wrist, formed by a carpal ligament and several of the wrist bones. Nine tendons and the Median Nerve all pass through the Carpal Tunnel. The median nerve provides movement and/or sensation to the thumb, the index finger, the middle finger and part of the ring finger. When the tendons become irritated, they swell. That swelling can press on the median nerve. Carpal Tunnel Syndrome is the compression of the median nerve.

Movements and positions that contribute to CTS:

- Excessive flexion or extension of the wrist
- Repetitive force such as typing
- Bending wrist toward little finger (holding a mouse improperly)
- Placing pressure of the base of the palm
- Constriction at the wrist (tight watches or bracelets)



Well-being tip: SET BOUNDARIES

It is very easy to say to yourself “I will just check my emails really quick” or “Just a quick reply” but setting work boundaries is important to keeping stress in check. Try setting designated work time and when work time is over, it’s over. Allow your mind and body a chance disengage and reset for the next day. Make sure to do something that you enjoy and is stress relieving at the end of every workday!

Ergonomic Tips	
Common Problem:	Solutions:
Wrists are in an excessive flexion or extension while typing or using mouse	Make sure wrists are in neutral alignment when typing. If keyboard has tabs underneath, try folding down which will create a more neutral alignment
Tightness or soreness in the forearms	Try stretching the forearm muscles and take “ergo” breaks
Hands, wrists, or forearms get sore or fatigued	Take frequent typing breaks to avoid overuse of the forearm and wrists muscles and nerves
The base of the palm/wrist becomes sore or tender	Try a wrist pad or a small rolled towel if your wrists are resting on a hard surface or sharp desk edge, which will help spread the pressure out to the muscles

Try one of these videos to stretch forearms, wrists and hands!

<https://www.youtube.com/watch?v=dj84taisdv0> – Wrist Stretches

https://www.youtube.com/watch?v=-L_gvJOWGI4 – Forearm Stretches

<https://www.youtube.com/watch?v=O6rjmUsqa9g> – 3 Hand and Finger Moves for Improved Flexibility

Forearms



FINGER STRETCH

