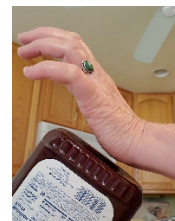
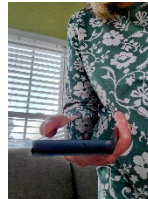


How to Avoid Pressure on Nerves in Your Hand

1. Positions to Avoid:
 - a. Avoid activities or resting positions that keep the wrist bent for periods of time; maintain the wrist in a straight or slightly extended position.
 - b. Avoid keeping the hand bent towards the little finger for long periods of time; the wrist tends to go this direction when bent.
 - c. Supinating the forearm (palm up position) creates more pressure in the carpal tunnel, as in twisting your hand up under your pillow at night or holding a cell phone in one hand.
 - d. Leaning on your elbows or keeping them bent 90 degrees or more for periods of time irritates the “funny bone” (ulnar nerve at the elbow).
2. Activities to Avoid:
 - a. Avoid using your hand as a hammer with pressure over the carpal tunnel.
 - b. Avoid wearing a tight watch or bracelet; be careful of rolling up your sleeves to create a band effect on the arm.
 - c. Avoid activities that require sustained gripping, especially with vibration, as in mowing the lawn with a push mower.



Avoid these positions and activities when able!