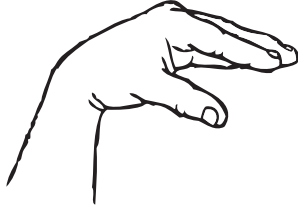


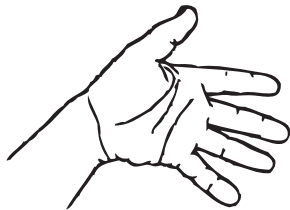
Healthy Hands

Avoid

Bend your wrist down
Avoid prolonged grip / pinch



Bend wrist to little finger



Hold hand with palm up



Pressure at base of Palm

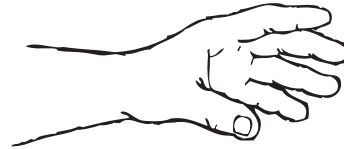


Band across wrist

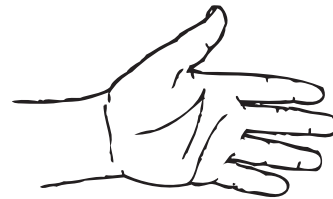


Do

Keep wrist straight or slightly upward



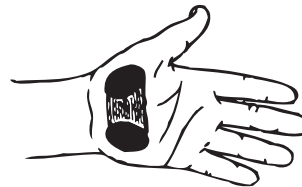
Keep wrist straight in line with forearm



Palm in or palm down position



Pressure on muscle bellies



Band across muscle bellies

