



CARPAL TUNNEL SYNDROME PREVENTION

Usually, translators work in a warm and cozy office or at home in the warmth and comfort of their homes, but even such a job can sometimes be dangerous. Heavy use of a computer mouse or keyboard, combined with awkward working postures of the hands and wrist, can lead to a repetitive strain injury to the wrists. We want to help you take care of your health, so we prepared a list of exercises to help you avoid Carpal Tunnel Syndrome.



1. HAND SQUEEZES

- Squeeze a pair of balled-up socks or a soft rubber ball.
- Hold for 5 seconds.
- Repeat 10 times.
- Do this up to three times a day.



2. FIST TO FAN

- Make a fist.
- Fan your fingers out – stretch them as far as you can.
- Repeat 5-10 times.



3. THUMB TOUCHES

- One at a time, touch the tip of each finger to the tip of your thumb so they make an O-shape.
- Repeat a few times.



4. SHAKE IT OUT

This exercise is super easy. It's especially useful at night, when your symptoms can be worse. If you wake up with pain or numbness, just shake your hands out to get some relief.



5. FIST TO STOP SIGN

- Make a fist.
- Slide your fingers up until they point toward the ceiling, like you're telling someone to stop.
- Repeat 5-10 times.



6. WRIST FLEX & EXTEND

- Bend your wrist down, so your fingers point toward the floor.
- Use your other hand to increase the stretch, gently pulling the fingers toward your body. Hold for 15-30 sec.
- Then repeat the movement in the opposite direction, so your fingertips point toward the ceiling.