

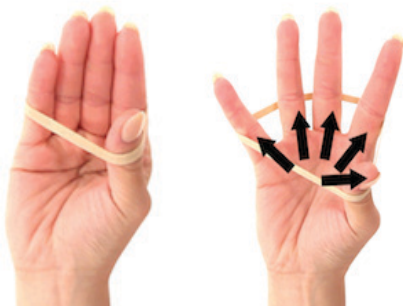
PROTECTING YOUR HANDS AND WRISTS

Hand and wrist pain is common among people with physically demanding jobs. A person who works a job with physical strain is 20% more likely to experience hand and wrist symptoms.

We rarely realize how much we rely on our hands until something goes wrong. Repetitive motions can often lead to discomfort. Before you start to notice any symptoms, there are actions you can do to prevent them. This can include designing a properly positioned work station that includes appropriate chair and keyboard height. In addition, you can perform simple exercises throughout the day that can help alleviate symptoms.

Below are some exercises to help with your symptoms:
try to perform once a day for 10 repetitions.

HANDS

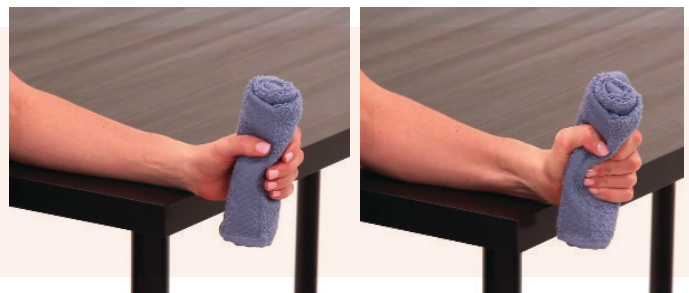


1. Rubber Band Finger Resistance

- Begin this exercise with a rubber band secured around all four fingers and your thumb. Your hand should be slightly cupped.
- Gently spread your fingers and thumb apart, then slowly return back to the starting position and repeat.
- Make sure to keep your fingers and wrist as straight as you can during this exercise.

2. Towel Squeeze

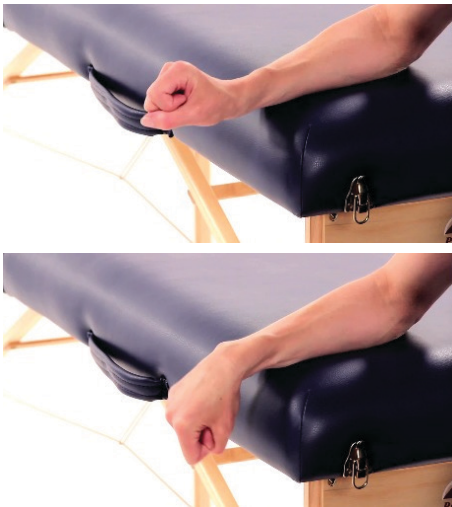
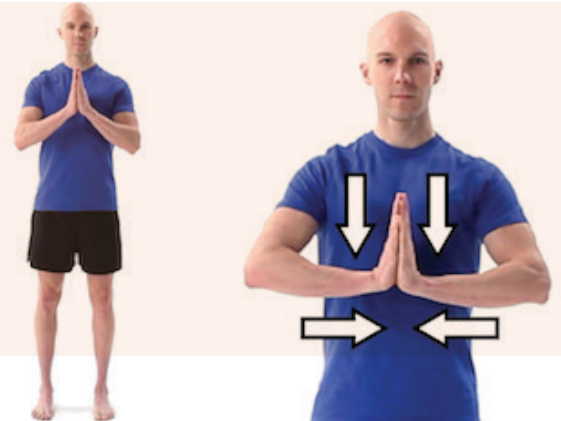
- Begin sitting in a chair with your arm resting on a table, hand off the edge, holding a rolled towel
- Squeeze the towel, relax and repeat
- Make sure to keep your arm relaxed during



WRISTS

Prayer Stretch

- Begin standing in an upright position. Place your hands together with your palms facing inward
- Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrist
- Remember to keep your palms together and keep your shoulders relaxed



Circumduction

- Begin sitting with your arm resting on a table and your hand in a fist, hanging off the edge
- Slowly rotate your wrist in a circle, first clockwise then counterclockwise
- Then repeat in the opposite direction counterclockwise to clockwise

Arthritis and rheumatic conditions are the leading cause of work disability among US adults. Arthritis can be present in joints throughout the body but limitations caused by hand arthritis can lead to a reduced quality of life and function. From 2013-2015, 29.3% of people between the ages of 45-64 were diagnosed with arthritis.

If you are experiencing any hand or wrist pain or problems please call our **Medical Care Management Team** at 1-877-636-1436. Our care coordinators are ready to help you.