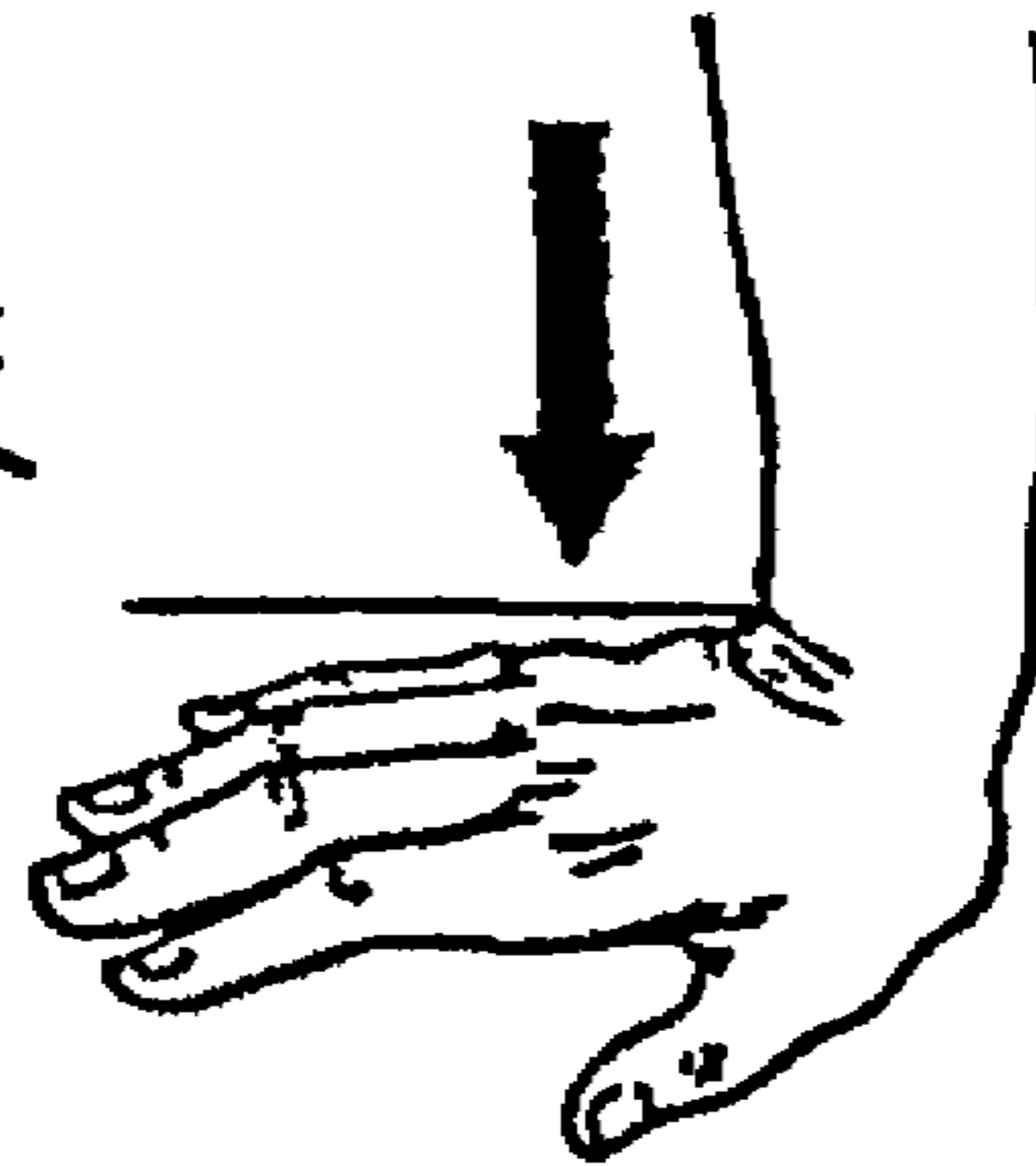
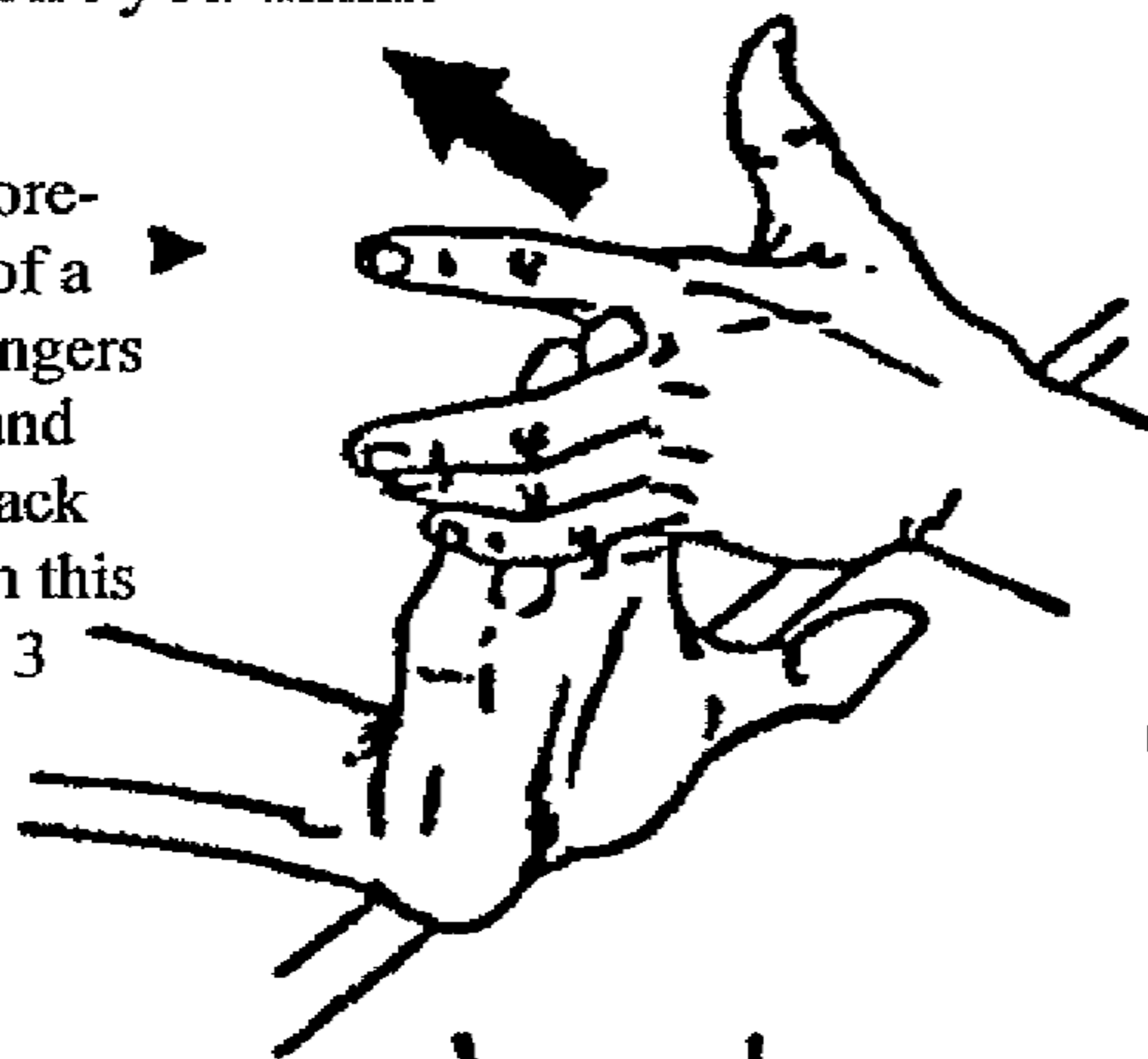


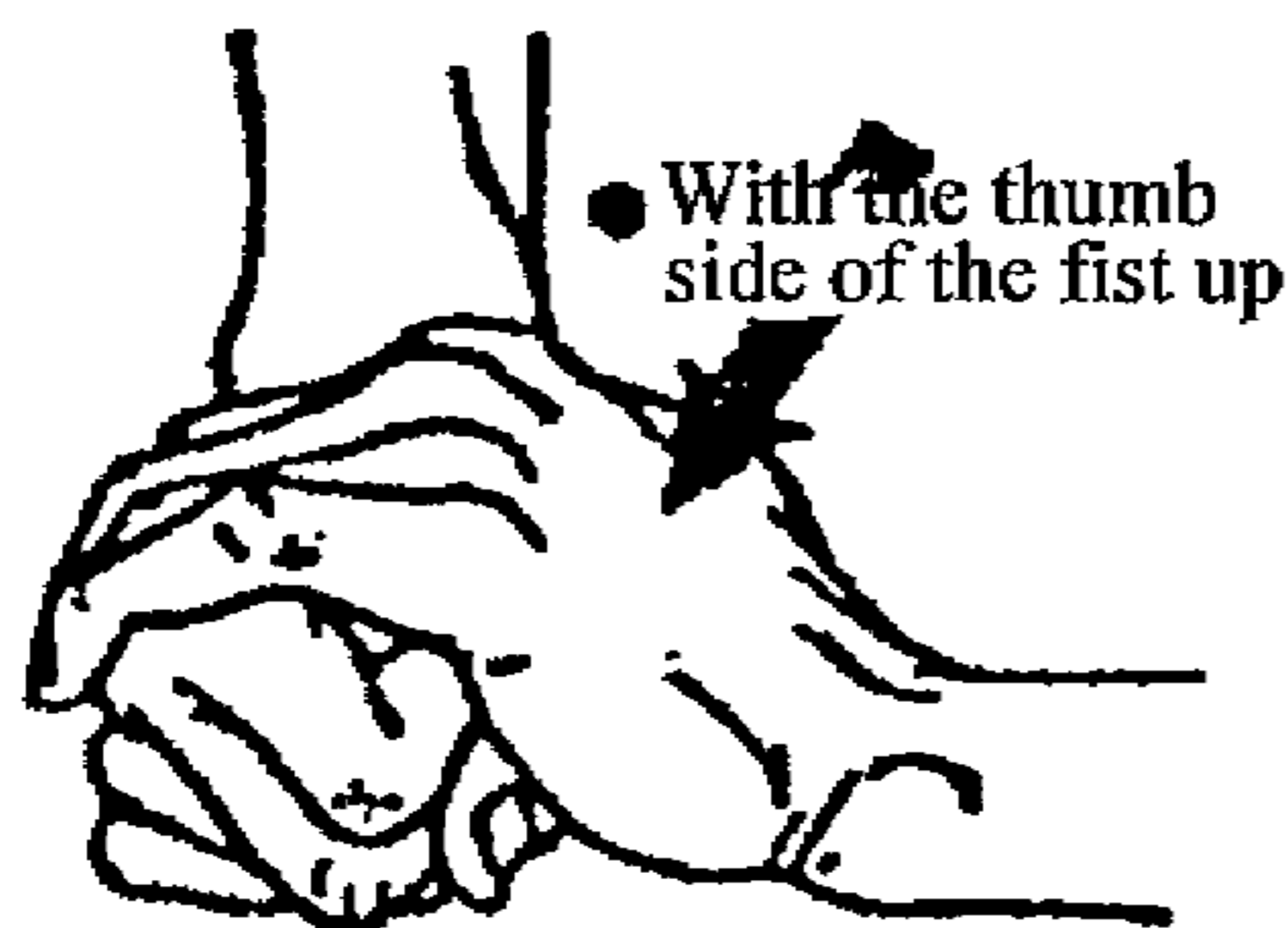
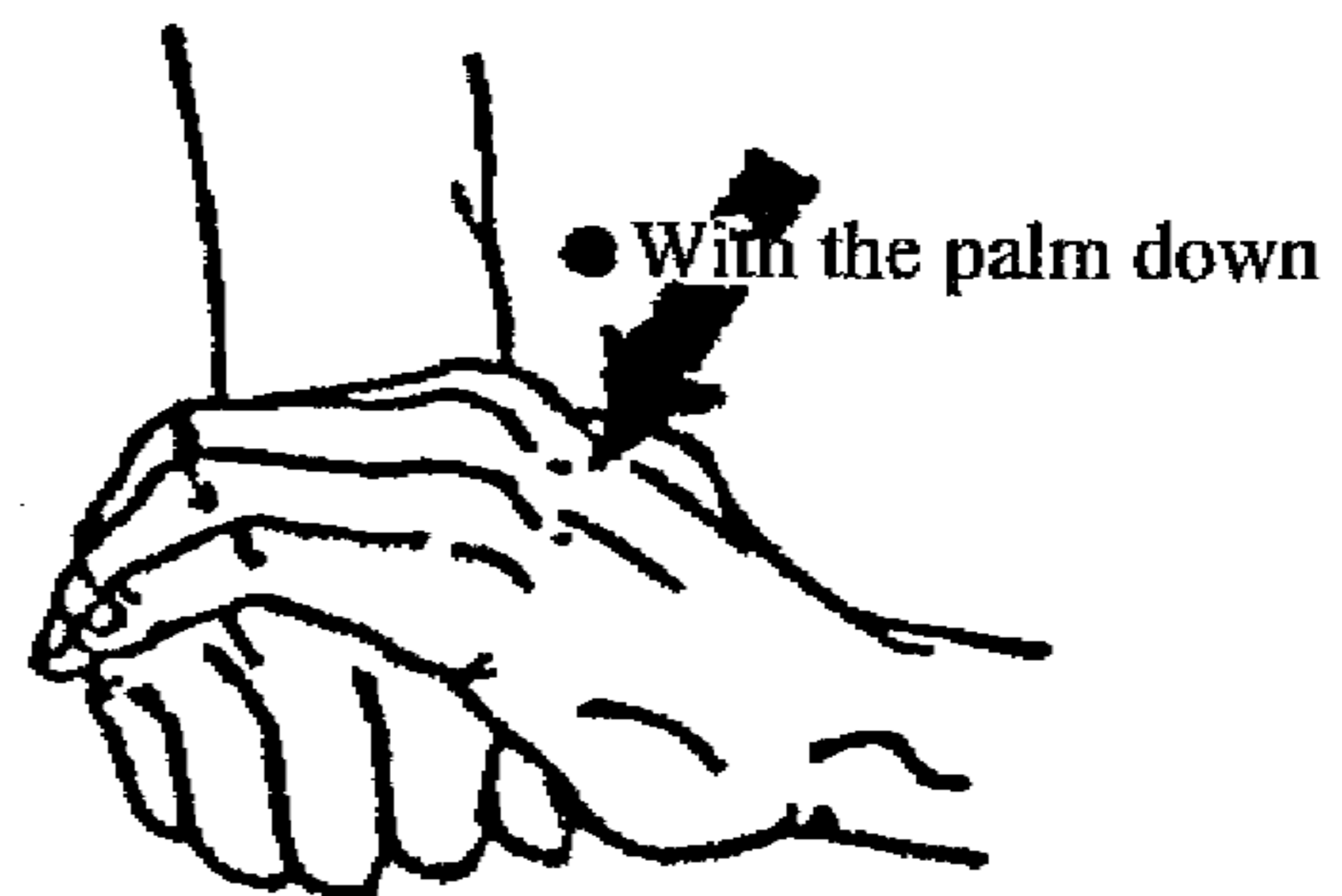
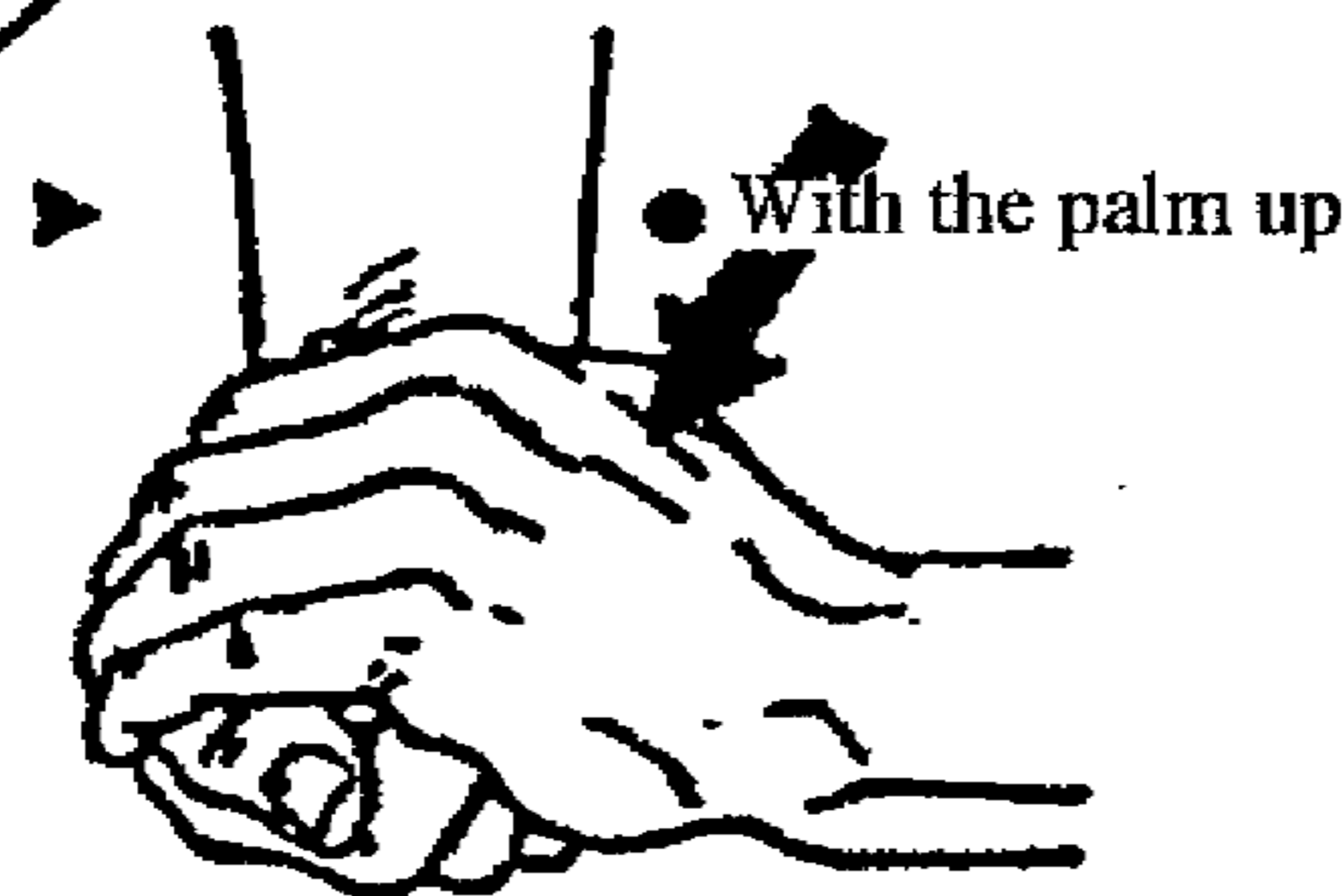
Before you get one!

A repetitive strain injury (RSI) such as carpal tunnel syndrome does more than lower your productivity. It hurts! And if you use a computer frequently, you should be careful. We'd like to help. Please take a moment and examine the drawings below. If you perform these simple stretching exercises from time to time, you may lower your chances of suffering from an RSI. And preventing an RSI is the best way of dealing with one, don't you think?

Rest one of your fore-arms on the edge of a table. Grasp the fingers with your other hand and gently bend back the wrist. Maintain this pressure for about 3 seconds and then switch arms.

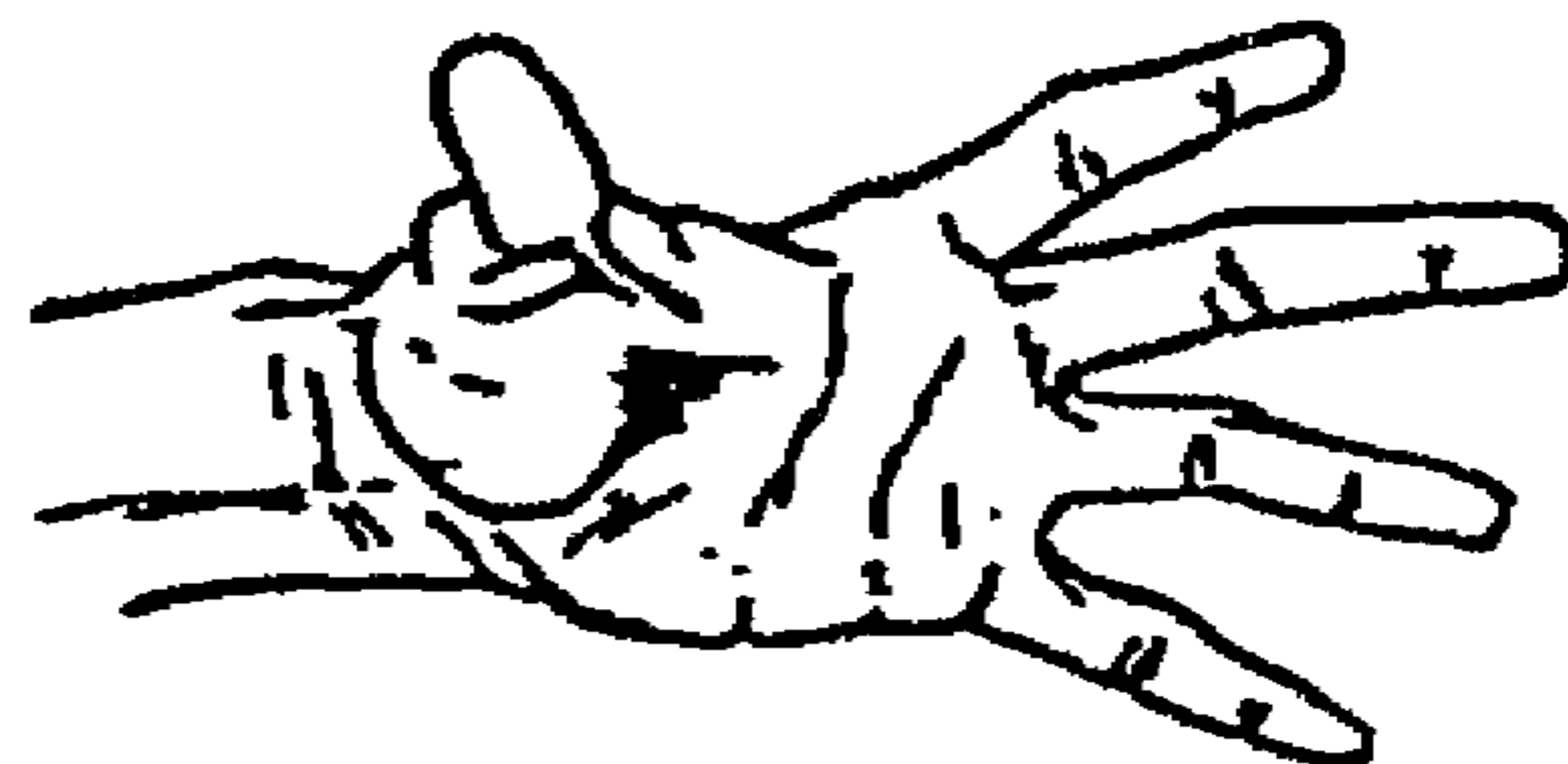
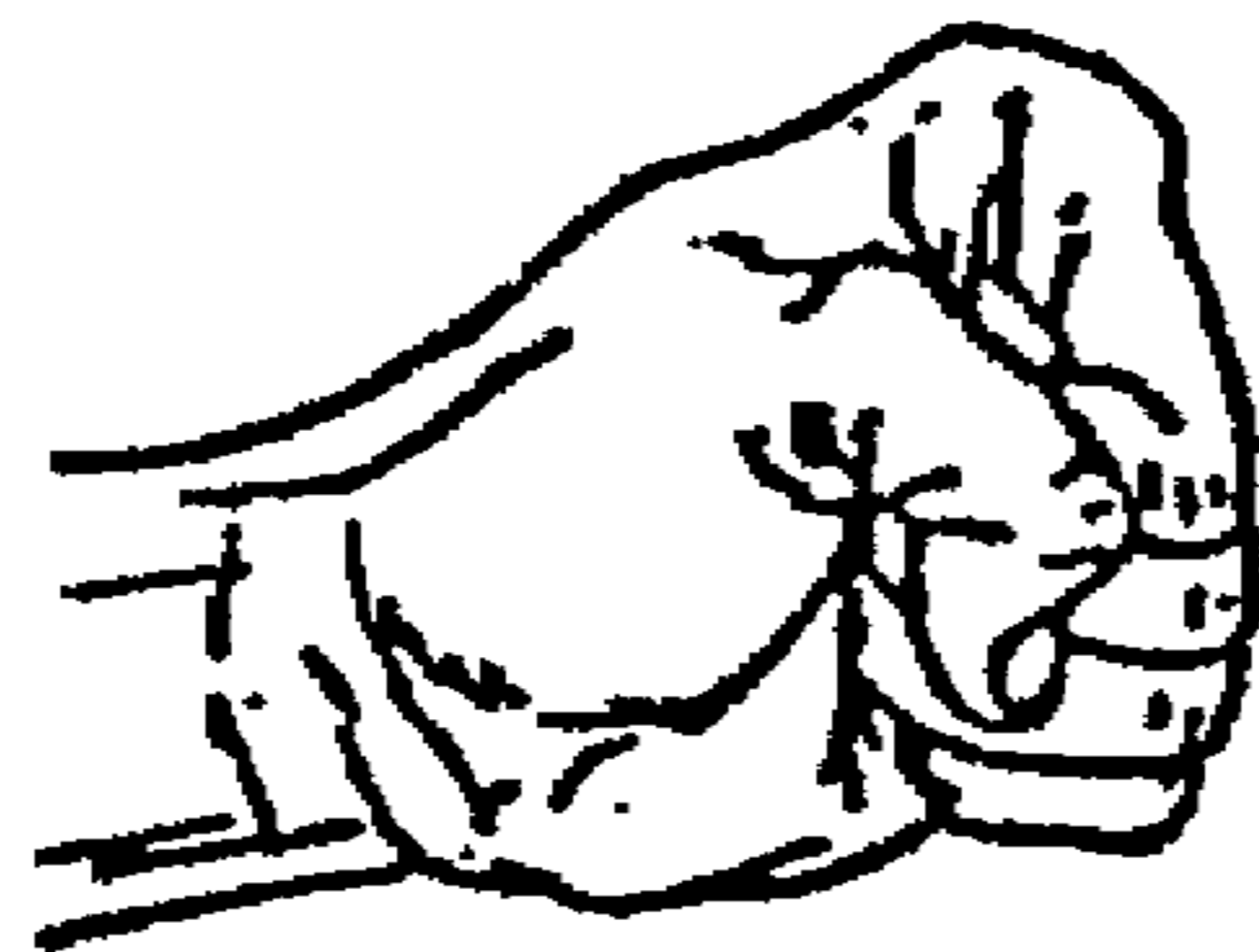


Press against a table with outstretched fingers. Do this for about three seconds. Then try it with your other hand.



Now you should try the same positions, but press up against your fist instead of down.

Make a tight fist, and then spread out your fingers. Repeat this several times. Then do the same thing with your other hand.



Source: American Physical Therapy Association

We hope these exercises help to prevent repetitive strain injuries, but there is no substitute for regular visits to a qualified physician. This is particularly true if you experience any kind of pain or discomfort when using your computer, or when doing any of these exercises.