

Seven Methods to Maintain Hand, Arm and Elbow Health for Gamers



by Zachary Bridge on March 23, 2014 at 09:00 AM EDT
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Carpal tunnel syndrome and tendonitis are serious threats health for gamers. Dr. Levi Harrison, an orthopedic surgeon in Los Angeles, has seven tips for gamers who want to stay healthy and keep gaming.

1. Take a one-minute break every 60 minutes to flex and extend your fingers.

Make a closed fist, and then open your fingers as widely as possible. Harrison suggests 20 repetitions of the flexing motion.

2. Do gliding exercises on the wrist during the one-minute breaks.

Gliding exercises help stave off carpal tunnel syndrome symptoms like hand numbness, tingling, pain and decreased grip strength.

3. Do Nirschl exercises.

Nirschl exercises help stretch out the extensor muscles of the elbow and wrist.

4. Before gaming, immerse your hands and wrists in warm water for 3-5 minutes.

Heat soothes joints and reduces the viscosity of joint fluid, which may increase flexibility and agility.

5. Do blocking exercises when taking a break.

Blocking exercises enhance the movement of the joints in the fingers and thumbs.

6. Massage your fingers, wrist and elbows regularly during the day, even when you are not gaming.

7. Shake out your hands, wrist and elbows during your break and throughout the day.

Harrison demonstrates gliding exercises, Nirchl exercises and blocking exercises in his video:



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