

# 7 Tips For Staying Healthy While Gaming

Gaming and injuries –two words don't go together. However, **Dr. Levi Harrison**, (The Gamer's Doctor) an orthopedic surgeon who specializes in hand and wrist issues, is seeing more and more gamers come to him with **serious repetitive stress issues**, such as: carpal tunnel, wrist tendonitis, and other hand/wrist injuries.

Great news though, by following a few simple rules gamers can improve and maintain their hand, wrist and elbow health!

## Dr. Levi Harrison 7 Tips for Gamer's Health:

1. **Take a five minute break every 60 minutes to simply flex and extend your fingers.** You can do this by making a full fist and then opening all your fingers widely for several repetitions (20 repetitions every 60 minutes). Setting a reminder on your phone is a great way to keep track. Demonstration video [HERE](#).
2. **Before gaming, immerse your hands and wrists in warm water for 3-5 minutes.** The heat will be soothing to the joints. Also, heat reduces viscosity of the joint fluid, which may increase the flexibility of the wrist and agility of the fingers, hence your actions per minute.
3. **Do gliding exercises on the wrist during a 60 second break.** These exercises are designed to help stave off carpal tunnel syndrome symptoms which include hand numbness, tingling, pain, or decreased grip strength. Demonstration video [HERE](#).
4. **Do Nirschl exercises to help stretch out the extensor muscles of the elbow and wrist.** This can help prevent "Tennis Elbow," something not exclusive to tennis players a real risk for active gamers. Demonstration video [HERE](#).
5. **Do blocking exercises when taking a break.** These exercises greatly assist in the movement of the joints in your fingers and thumbs. Demonstration video [HERE](#).
6. **6. Massage your fingers, wrist and elbows regularly during the day, even when you are not gaming.** This is especially important for the thumb, which is responsible for over 42% of all functional motion of your hand during gaming.
7. **7. Shake out your hands, wrist and elbows during your break and throughout the day.** This can be done during one of the 60 second breaks.

As a gamer, it's important to do these exercises not only for injury prevention, but also increase your actions per minute, your speed, your efficiency, your winning time, and to unsure you have a long, successful gaming career.

## About the Author



**gareth** Gareth Von Kallenbach is a syndicated movie & game critic, writer, author and frequent radio guest. His work has appeared in over 60 publications worldwide and he is the creator of the rising entertainment site and magazine "Skewed and Reviewed". Gareth has three books of reviews and interviews published as well as two years of The Skewed and Reviewed magazine and is a well-received and in demand speaker on the convention circuit for over 14 years. Gareth has appeared in movies such as "Postal", "Far Cry" and "Love Happens". Gareth is a regular guest on radio and his main show on the top rated BJ Shea Morning Experience show syndicated from Seattle and it's new BJ Shea's Geek Nation segment. Gareth has also worked in the game industry giving him insider access to the latest industry news which he uses in the course of his game and hardware reviews and interviews. In 2011 Gareth opened an AZ office for Skewed and Reviewed and made his first AZ convention appearances at the Phoenix Comic Con as well and



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