

Hand + Wrist Exercises For Gamers



High Scores: “The Gamer’s Doctor” talks hand injuries, weed & respect



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In an ideal world, gamers would clock their play sessions the way parents regulate TV for their kids. They’d hit pause every half hour, walk outside and let the sun bathe their faces in brilliant warmth.



But we live in a world of Cheetos, Mountain Dew and bongos. Dedicated gamers are more likely to spend hours in one position as they forgo bathroom breaks and meals while virtually attacking hordes of zombies and leaping over bottomless chasms.

Smoking or eating cannabis makes them even more likely to be sedentary — think of the notorious **couch-lock** that afflicts lovers of **indica-dominant strains** — and less likely to stretch or take a break from the TV.

That’s led to an increasing number of serious repetitive stress injuries, according to Glendale, Calif.-based orthopedic surgeon **Dr. Levi Harrison**. He feels gaming injuries are a neglected problem, and one that’s growing alongside gaming’s general popularity.