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Thumb and wrist pain

Nice try, Kinect, but most of us still play video games using our hands. And that means all sorts of undue strain on the tendons and muscles connecting our digits.

According to orthopedic surgeon Dr. Levi Harrison, the most common hand issues have to do with overuse and nerve impingement, expressed in problems like Carpel Tunnel Syndrome, wrist extensor tendonitis and steonising tenosynovitis -- the dreaded "Playstation Thumb."

The good news is that your sore mitts can be treated at home.

"All of these are initially treated with rest and demonstrations of the proper form for preventive exercises, as well as stretching routines to increase actions per minute (APM) and to maintain dexterity," Dr. Harrison told Yahoo Games.

You can check out a few of these exercises -- called "Nirschl" excersies -- [right here](#), though Dr. Harrison also recommends anti-inflammatory meds (Advil, Tylenol), splinting, and physical therapy. And should you game on a PC, consider getting an ergonomic keyboard and mouse from an ergo-minded manufacturer like [Kinesis](#).

You likely knew that, but Dr. Harrison shared some other, uh, handy tips. Immersing your hands and wrists in warm water for a few minutes before each gaming session can help increase flexibility and soothe muscles. Take a 5-minute break for every one hour of gaming to stretch and shake out your hands and fingers. And to stave off Carpel Tunnel, he recommends a few more simple exercises:

Gliding Exercises For Preventing Carpal Tunnel ...




www.DrLeviFitness.com

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Evolve - E3 2014 Kraken Announcement Trailer
01:48



Mario Maker - E3 2014 Announcement Trailer
01:38

Recommended Games



The Last Stand: Dead Zone
★★★★☆
More than 1 million plays



KingsRoad
★★★★☆
More than 400,000 plays



Yahoo Pool
★★★★☆
More than 2 million plays



General War
★★★★☆
More than 100,000 plays



Pool Live Pro
★★★★☆
More than 100,000 plays



Knightmare Tower
★★★★☆
More than 90,000 plays



Fringo
★★★★☆
More than 300,000 plays