**ERGONOMIC WRITING**

Hand/Wrists/Arm massage (daily with massager)

Move in different ways

**Yoga:** downward dog; crab yoga; wheelbarrow stretch: 10 seconds each

**stretches:**

interlace fingers and stretch outwards: hold 10-15 seconds

hand/finger tendow glides: extend fingers straight<--->fist

**exercisers:** stres ball; hand extensors; spring squeezer

**equipment:**

carpal tunnel brace

ergonomic office equipment

take regular breaks

rollerball/fountain pen

**technique:**

grasp the pen loosely/no clenching or tight gripping; pull it against the page as if writing with a quill; hold the pen from the back

write with the arm not fingers (draw with fingers); keep hand and wrist still

hold wrist straight don't bend it as you write (neutral hand position)

posture: sit straight shoulders back chest out ; avoid leaning; vary posture for longer sessions