

在日常活动中保持手腕中立

Neutral Wrist in Daily Activity

Reduce stress with how you do things

Some daily tasks, illnesses and injuries can cause pain, swelling and sensory changes in your hands and wrists. To reduce stress on these muscles, joints and nerves during activity, keep your wrist in a neutral position as much as possible. This means you limit the bending of your wrist from front to back or side to side. Limiting the motion of your wrist can help reduce pain and swelling, especially when you also:

- Take regular breaks.
- Try the tips below.
- Follow the recommendations and do the exercises from your therapist.

How to keep a neutral wrist

- Keep your middle finger in line with the middle of your forearm. Limit bending your wrist front and back.
- You may also point your thumb up, like a handshake, to limit bending your wrist.
- To lift an object, place your hands on either side, or lift from underneath.
- Avoid holding or gripping items from the top, especially for long periods of time.



通过改变做事方式减轻压力

在您进行某些日常活动时，疾病和伤痛可能会导致您的手和手腕疼痛、肿胀和发生知觉变化。为了减少活动中对肌肉、关节和神经的压力，请尽可能保持手腕中立。这意味着您应避免前后或左右弯曲手腕。限制手腕的活动有助于减轻疼痛和肿胀，如果还能做到以下事项，效果则会更好：

- 定期休息。
- 采用以下技巧。
- 按照治疗师的建议进行锻炼。

如何保持手腕中立

- 保持中指与前臂中线对齐。避免前后弯曲手腕。
- 您也可像握手一样将拇指朝上，以避免弯曲手腕。
- 需举起物品时，请将双手放在物品两侧或下方。
- 避免从上方抓握物品，尤其避免长时间保持这一姿势。



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Tips to reduce pain and swelling

At home

- Use two hands with oven mitts when lifting hot items. Pull out oven racks and step to the side of the oven door to be closer.
- Keep loads close to your body and bend your knees to reach down to low objects to lift them.
- Keep knuckles parallel to the handles during lifts, carries, pouring, stirring and tool use.
- Instead of carrying pots or dishes to the sink, place on a towel and slide them along the counter or use a wheeled cart.
- Use lighter weight cookware and smaller, lighter plates instead of heavy glass or ceramic.
- Try ergonomic or spring-loaded scissors.
- Use small strokes and pull toward you when mopping or sweeping. With vacuuming, always keep the vacuum in front of your body and do not overreach.
- Push and pull with your wrists straight, and use your legs and body to move heavy objects, such as lawn mower, grocery cart and furniture.
- Carry groceries with 2 hands, or place handles on your forearm above the wrist. Do NOT overload.



减轻疼痛和肿胀的技巧

在家中

- 提起高温物品时，双手都戴上隔热手套。拉出烤箱架后，走到烤箱门的侧边，可以更靠近烤箱内的食物。
- 举起重物时，将其靠近身体，弯曲膝盖靠近重物后用力。
- 在举起、搬运、倾倒和搅拌物品和使用工具时，保持指节与手柄平行。
- 请勿将锅或碗碟搬至水槽，而是将其放在毛巾上并沿台面滑动至水槽，或使用带轮推车。
- 选择较轻的炊具以及更小更轻的盘子，而非厚重的玻璃或陶瓷。
- 使用符合人体工学的剪刀或弹簧式剪刀。
- 拖地或扫地时，请以朝向您的方向小幅度拉动拖把或扫把。使用吸尘器时，请始终保持吸尘器在身体前方，且不要过度前伸。
- 推拉时请伸直手腕，并用腿和身体移动重物，例如割草机、杂货车和家具。
- 用双手搬动食品杂货，或将提手放在高于手腕的前臂上。负荷不要过重。

At the office

- Use wrist supports for your computer keyboard and mouse, such as gel pads or braces.
- Support your forearms on your desk or chair arms when typing.
- Make sure that you have good posture at your shoulders, elbows, and wrists.
- Look for ergonomic keyboards, mouse, sit/stand desk, laptop/tablet stand and other options. Talk to your employer about resources. Visit local retailers to “try out” equipment and see desk set up ideas.
- Use dictation software or other hands-free options.
- Take rest breaks. Stand up and stretch every 30 minutes.



在办公室中

- 使用电脑键盘和鼠标腕托，例如凝胶垫或支架。
- 打字时，将前臂支撑在桌子或椅子扶手上。
- 肩膀、肘部和手腕要时刻保持舒适姿势。
- 使用符合人体工程学的键盘、鼠标、坐/立式办公桌、笔记本电脑/平板电脑支架和其他用品。与雇主讨论能够购置相关资源。到当地零售商处试用设备，了解可以如何布置办公桌。
- 使用听写软件或其他无需用手的工具。
- 定期休息一下。每 30 分钟站起来伸展身体。

Exercise and recreation

- Wear gloves to improve your grip when lifting, biking or with exercise.
- Talk to your therapist or trainer about safe use of free weights, resistance bands and machines, and how to modify exercises. For instance, you may want to use arm wrap weights instead of free weights.
- Use yoga blocks, or support your body on your forearms to reduce stress on your wrists.
- For other sports, use larger grip handles or grip tape.



锻炼与休闲

- 在举重、骑自行车或锻炼时，请戴上手套以提高抓握力。
 - 请与您的治疗师或培训师讨论如何安全使用举重器材、阻力带和其他器械，以及如何调整锻炼方法。例如，使用带护腕的器材，而非进行自由重量训练。
- 使用瑜伽砖，或用前臂支撑身体，以减轻对手腕的压力。
- 对于其他运动，请使用较宽的握柄或握带。

- In the garden, use your knees to lift shovels and wheelbarrows. Pull weeds in the thumbs up position, and work in soil when damp, if possible. Consider using ergonomic gardening tools.

Phones and tablets

- Use a pop-up holder or other stand to limit your hold on your devices. You can also support your wrists and forearms on a table, your lap or a pillow to rest your wrist muscles.
- Use hands-free options for talking and texting.

Driving

- Keep both hands on the wheel.
- Relax your grip on the wheel when idling or at stoplights.
- Add a steering wheel cover to increase both diameter and grip of the wheel.

- 在花园中，请用膝盖抬起铁锹和独轮手推车。以大拇指朝上的姿势拔杂草，如果可能的话，请使用潮湿土壤。考虑使用符合人体工程学的园艺工具。

手机和平板电脑

- 使用弹出式或其他类型的支架，以避免用手握持设备。您还可以用桌子、膝盖或枕头支撑手腕和前臂，以放松手腕肌肉。
- 采用免提方式通话和发短信。

开车时

- 双手保持在方向盘上。
- 怠速或等待红绿灯时，请轻轻握住方向盘。
- 加装方向盘套，以增加直径和对方向盘的握力。

本文件仅供参考。如对您的治疗有任何疑问，请咨询医生或医疗护理团队。

This handout is for informational purposes only. Talk to your doctor or health care team if you have any questions about your care.

如需了解更多健康信息，请致电 614-293-3707 或发送邮件至 health-info@osu.edu 联系 Library for Health Information。For more health information, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.