

Curcur Siman Marka Ia Qabanayo Hawlaha Maalinlaha Ah

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.



Yaree walaaca ku aadan sida aad wax u samayso

Hawlaha maalinlaha ah, jirrooyinka iyo dhaawacyada qaar waxay gacmahaaga iyo curcurkaaga u keeni karaan xanuun, barar iyo isbadelo xagga dareenka ah. Si loo yareeyo cadaadiska fuulaya muruqyadaan, kala-goosyada iyo dareemayaasha inta lagu jiro howlaha, ku hay curcurkaaga meel dhexdhexaad ah intii suurogal ah. Tani waxay ka dhigan tahay inaad xaddido janjeerinta curcurka gacantaada markaad u laabaysid dhanka hore illaa dhanka gadaal ama dhinac illaa dhinac. Xadidida dhaqdhaqaaqa curcurka gacmahaaga ayaa gacan ka geysan kara yareynta xanuunka iyo bararka, gaar ahaan marka aad sidoo kale:

- Qaadanaysid nasasho joogto ah.
- Isku day tallooyinkan hoose.
- Raac tallooyinka oo samaay jimicsiyada uu kugula taliyey daaweeyahaaga.

Sida loo ilaaliyo miisaanka curcurka

- Fartaada dhexe haku aadanaato qeybta dhexe ee gacantaada sare. Yaree laabidda/janjeerinta curcurka gacantaada ee hore iyo gadaalba.
- Waxaad sidoo kale kor u jeedin kartaa suulkaaga, sidii adigoo qof salaamaya, si aad u yareyso janjeerinta curcurkaaga.



- 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.

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.



- Si aad kor ugu qaadid shay, gacmahaaga saar labada dhinac, ama kor uga soo qaad meel hoose.
- Iska ilaali inaad sheeyaasha kor kaga soo qaado, gaar ahaan haddii ay tahay muddo dheer.

Tallooyinka lagu yareyn karoo xanuunka iyo bararka

Marka guriga la joogo

- Ku qabso labada gacmoodba galoofyada adag marka aad qaado waxyaabaha kulul. Soo jiid rakooyinka ofenka oo istaag geeska albaabka ofenka si aad ugu dhawaato.
- U dhawee culeyska jirkaaga oo liici lawyahaaga si aad u gaarto waxyaabaha kaa hooseeya si aad u qaado.
- Ku hay ciribyarada meel la siman gacanka/qabsiga shayga marka aad wax qaadaysid, jideysid, shubeysid, walaaqeysid ama aad isticmaalaysid qalab.
- Halkii aad digsiyada ama suxuunta ka geyn lahayd meesha alaabta lagu dhaqo, dul saar shukumaan oo ku riix miiska korkiisa ama isticmaal gaariga lugaha leh.
- Adeegso bacaha wax lagu kariyo oo fudud oo yar, saxuun fudud badelkii aad adeegsan lahayd kuwa culus ee dhalata ama dhoobada ah.
- Isku day isticmaalka maqasyada fudud ama kuwa raaxada leh qabsigooda.
- Isticmaal ulaha yaryar oo dhankaaga u soo jiid markaad tirtirayso ama aad wax xaaqeysid. Markaad isticmaalaysid qalabka faakiyuumka, had iyo jeer ku hay qalabka fakiyuumka dhankaaga hore oo jirkaaga haka dheereyn.

- 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.

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.
- Consider dictation software or other hands-free options.
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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.

- Riix ama soo jiid iyadoo curcurka gacantaada ay toosan tahay, oo isticmaal lugahaaga iyo jirkaaga markaad qaadaysid waxyaabaha culus, sida qalabka cawska lagu jarjaro, gaariga raashinka la soo iibsadey lagu soo guro iyo alaabta guryaha.
- Badeecada aad soo dukaamaysato ku qaad laba gacmood, ama qabsi/gacan saar garabkaaga/suxulkaaga meesha ka saraysa curcurka. Wax culeys ah HA qaadin.

Markaad joogto xafiiska

- Isticmaal qalabka kaalinta curcurka marka aad isticmaalaysid kiiboodhka iyo muuska kombiyuutarkaaga, sida suufka ama silsilada.
- Suxulkaaga saar miiska ama kursiga marka aad kumbiyuutarka wax ku qorayso.
- Xaqiiji inaad si quman u toosiso garbahaaga, suxullada, iyo cumaacumaha.
- Raadi kiiboodhka kor u qaadan, muuska, miiska fadhiga/istaaga, laabtoobka/taableedka iyo dookhyada kale Kala hadal loo shaqeeyahaaga ilaha xogta. Booqo tafaariiqleeyda si aad “iskugu daydo” qalabka aadna u aragto fikradaha sadka miiska.
- Adeegso aalada hinkaada ama dookhyada kale ee aan gacanta lagu taaban.
- Qaado bareegyada nasiinada. Istaag oo jimicso 30 daqiiqo.

Jimicsi iyo madadaalo

- Xiro galoofisyada gacmaha si ay kaaga caawiyaan marka aad wax qaadeysid, baaskiilka kaxeeynaysid ama aad jimicsanayso.
- Kala hadal daaweeyahaaga ama tababarahaaga sida saxda ah ee loo isticmaalo miisaanka furan, xargaha iska caabbinta iyo mashiinnada, iyo sida loo beddelo jimicsiyada. Tusaale ahaan, waxaad u baahnaan kartaa inaad

- 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.
- 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.



isticmaasho miisaanka culeys lagu duubo gacanta bedelkii aad ka isticmaali lahayd miisaan culus.

- Isticmaal looxyada jimicsiga yoogada, ama ku tiiri jirkaaga gacmahaaga si aad u yareysid cadaadiska fuulaya gacmahaaga.
- Isboortiga kale, isticmaal gacanka/qabsiga qabashada weyn leh ama xariga qabsashada.
- Beerta markaad joogto, isticmaal jilbahaaga inaad kor ugu soo qaaddo majarafadaha iyo gaariga qashinka lagu guro. Soo jiid geedaha yaryar adigoo suulkaaga kor u jeedo, kana shaqeey carada marka ay qooyan tahay, haddii ay suurtagal tahay. Iskuday adeegsiga qalabka casriga ah ee beer falida.

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.

Taleefannada iyo moobilada waaweyn

- Isticmaal qalabka dhejis ah ama qalaba kale oo lagu istiaajiyo taleefanka si aad u xaddiddo haysashada aalada. Waxaad sidoo kale curcurka gacmahaaga iyo suxulkaaga saari kartaa miiska, laabtaada ama barkintaada si aad nasasho u siiso murqaha curcurka gacmahaaga.
- Isticmaal xulashooyinka aan gacmaha la isticmaalaynin marka aad ku hadlaysid ama aad wax ku qoreysid.

Gaari wadid

- Ku qabo labada gacan isteerinka.
- Fududeey qabsashada isteerinka marka aad is istaagan tahay ama aad taraafik ku jirto.
- Ku dar maro daboosha isteerinka si aad u kordhiso dhexroor iyo qabsashada isteerinka.

Buug tusmeedkaan wuxuu ku siinayaa keliya xog. La hadal dhaqtarkaaga ama kooxda daryeelka caafimaadka haddii aad qabtid wax su'aalo ah oo ku saabsan daryeelkaaga.

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

Haddii aad dooneyso macluumaad caafimaad oo dheeraad ah, kala xariir Maktabada Macluumaadka Caafimaadka 614-293-3707 ama health-info@osu.edu.

For more health information, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.