

Helpful tips for healthy hands

We use our hands many times every day. From typing to brushing our teeth, our hands allow us to do a wide range of daily tasks. That makes our hands something that should be protected. If our hands are injured or in pain, it can affect our physical and mental health. Check out these tips for ways to keep your hands healthy.



Photos courtesy iStockphoto: gardener, Bowdenimages; cooking duo, Rawpixel

Five things you can do now

1 Carpal tunnel syndrome is one common hand problem. It happens when you do same motions over and over with your hands. One of the major nerves in the hands can get squeezed, causing pain, numbness and tingling.



2 Smokers, people with diabetes and those who don't take part in regular aerobic activity are more likely to develop carpal tunnel syndrome. Women are also three times more likely than men to have the condition.

3 To prevent carpal tunnel syndrome, take rest breaks. Do exercises such as arm stretches, shoulder rolls and neck circles.

4 Another threat to hand health is arthritis. It causes joint pain, swelling and stiffness. Regular physical activity and a healthy weight can help reduce the risk of developing arthritis.

5 Planning and pacing are important to hand health. When doing hand-heavy activities like gardening or sewing, set a time limit and stick to it.



>> For more information on hand health, visit www.ninds.nih.gov