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**ASHT ISSUES NATIONAL CONSUMER EDUCATION ALERT:
HEAVY USE OF HANDHELD ELECTRONICS SUCH AS**

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Extend an arm in front of you, making sure the elbow is completely straight. With your palm down, take the opposite hand and bend the hand down toward the floor. Then turn the palm up, and stretch the hand up toward your body. This stretches the forearm and wrist muscles. Hold for 10 seconds and repeat eight times.

Open up hands and spread the fingers as far as possible. Hold for 10 seconds and repeat eight times.

“We are giving our thumbs, wrists and elbows a real workout with heavy use of handheld electronics like BlackBerries and iPods. It’s important to warm up properly to reduce the risk of injury just like you would for any exercise routine,” said Breger Stanton.

“Listen to your hands and arms when using these devices,” said Breger Stanton. “Stiffness, discomfort and soreness is telling you to change your routine. You can make simple changes and be much more comfortable and healthier as you use handheld electronics.”

For more information about hand injury prevention techniques or to find a professional hand therapist in your area, visit www.asht.org.
