



Neutral Wrist

In Neutral Wrist, your hand has the best leverage for a powerful useful grip, while producing the least amount of tension on the muscles and tendons.

The wrist is a bridge, not a hinge.

		
<ul style="list-style-type: none"> • Avoid Extremes (X) • Neutral Wrist (✓) • Proper alignment optimizes muscle leverage 	<ul style="list-style-type: none"> • Avoid horizontally twisting the wrist forward • Squeeze towels vertically with forearm in neutral (handshake position) 	<ul style="list-style-type: none"> • Avoid picking up objects with your fingertips
		
<ul style="list-style-type: none"> • Keep neutral wrist when typing • Float hands across keyboard instead of anchoring wrists 	<ul style="list-style-type: none"> • Maintain neutral wrist when driving • Minimize over-gripping the steering wheel 	<ul style="list-style-type: none"> • Place object into your palm instead of your fingertips
		
<ul style="list-style-type: none"> • Use neutral wrist when exercising • Keep wrist steady through the full range • Avoid bending at the wrist at the end of the range 	<ul style="list-style-type: none"> • Avoid positions that result in sustained wrist flexion • It weakens your grip! 	<ul style="list-style-type: none"> • Avoid compressing nerves by leaning on surfaces • Nerves can be close to the surface of your body