

# Maintain Neutral Wrists

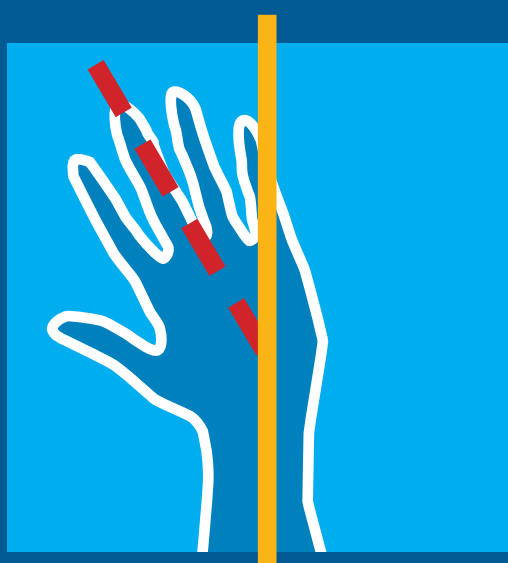
When working with your hands, always be aware of how they are positioned. To reduce discomfort and fatigue, maintain neutral wrist postures, periodically alternate hands when holding or moving objects, and remember to take time to rest and stretch.

## Neutral



Minimal Radial/Ulnar Deviation

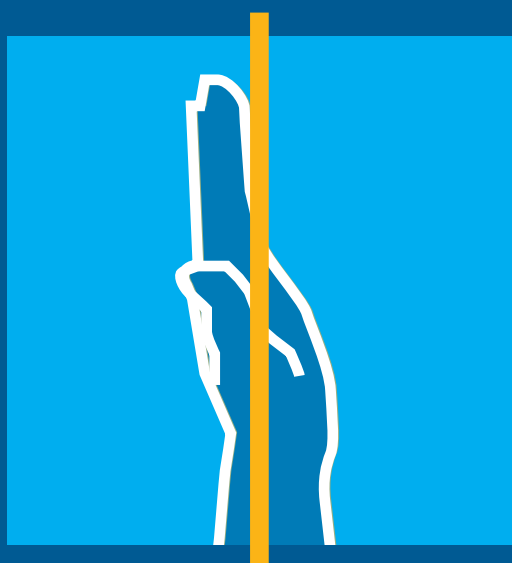
## Awkward Posture



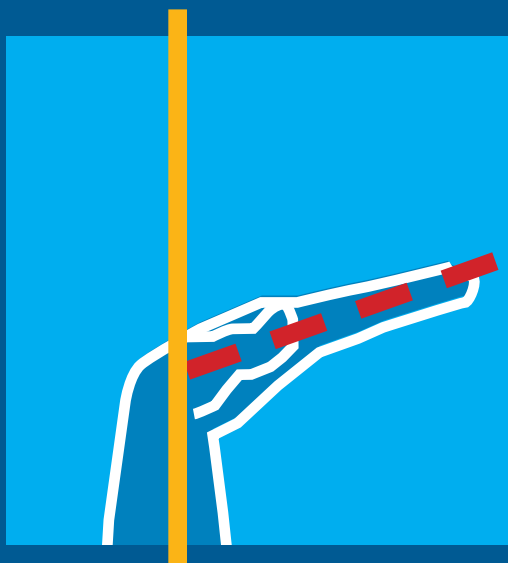
Radial Deviation



Ulnar Deviation



Minimal Flexion/Extension



Flexion



Extension



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