



Neutral Wrist

In Neutral Wrist, your hand has the best biomechanical advantage for efficient function because this position produces the least amount of tension on the muscles and tendons of the hand.

The wrist is a **Bridge** not a *Hinge*

 <p>Avoid Extremes (X) Neutral wrist (✓) Proper alignment optimizes muscle leverage</p>	 <p>Avoid horizontally twisting the wrist forward. Squeeze towels vertically with forearm in neutral (handshake position)</p>	 <p>Avoid picking objects up with your fingertips</p>
 <p>Keep neutral wrist when typing. Float hands across the keys instead of anchoring the wrists</p>	 <p>Maintain neutral wrist when driving. Minimize over gripping the steering wheel</p>	 <p>Place object into the palm of your hand instead of your fingertips</p>
 <p>Use neutral wrist when exercising. Keep your wrist steady through the full range and avoid bending the wrist at the end of the range</p>	 <p>Avoid positions that result in sustained wrist flexion as it weakens your grip</p>	 <p>Avoid compressing nerves by leaning on surfaces where nerves are close to the surface</p>