

## Physical Therapy, Rehabilitation and Sports Medicine

# Healthy Hands

## Tips for Avoiding Stress to Your Hands



### GENERAL PRINCIPLES:

- Avoid sustained gripping/pinching and awkward motions.
- Never use your hand as a hammer.
- When grasping objects, avoid over gripping.
- Rotate tasks.
- Alternate hands when possible.
- Avoid leaning on your elbows.
- Avoid prolonged positions of wrist flexion (bent).
- Use larger muscle groups when able.
- Use self-opening (spring loaded) scissors.
- Consider mounting a key in a key holder.
- Watch your posture—  
“Ear, over shoulder, over waist. Think tall!”
- Take mini breaks.

FOR MORE INFORMATION, PLEASE CALL THE  
**Hand Therapy Program at 610.738.2480 or visit**  
[ChesterCountyHospital.org/PhysicalTherapy](http://ChesterCountyHospital.org/PhysicalTherapy)

### Physical Therapy, Rehabilitation and Sports Medicine

#### WEST CHESTER

Fern Hill Medical Campus  
915 Old Fern Hill Road  
Suite 4, Building A  
West Chester, PA 19380  
610.738.2480

#### EXTON

The Commons at Oaklands  
700 West Lincoln Highway  
Exton, PA 19341  
610.518.5845

#### KENNETT SQUARE

Medical Office Building at  
New Garden  
830 West Cypress Street  
Kennett Square, PA 19348  
610.444.6242

#### SOUTHERN CHESTER COUNTY

455 Woodview Road  
Suite 115  
West Grove, PA 19390  
610.345.1950

### WRITING TIPS:

- Use enlarged pens and pencil grips.
- When possible use gel ink.
- Frequently put the pen down.
- Don't over-grip the writing utensil.

### IN THE KITCHEN:

- Use an electric can opener.
- When chopping or cutting, use a “pistol grip” handled knife.
- When opening jars, use a jar opener (mounted).
- Cut open bags (self-opening scissors) instead of pulling them apart.
- Plan ahead! Keep frequently used items in easiest to reach places.
- Carry dishes with both hands/palms (use oven mitts if necessary).

### GARDENING TIPS:

#### FROM THE AMERICAN SOCIETY OF HAND THERAPISTS

- Wear garden gloves when safety allows.
- Keep your arms covered.
- Take a break every hour or switch tasks.
- Use a tool to dig in unfamiliar soil.
- Store tools to avoid accidents.
- Use wide handle tools.