

YOU WANT "GAME," NOT PAIN!

Physical therapists say:

- Keep your wrists as straight as you can (don't let them drop down) when you hold the controller.
- Sit comfortably in a chair that gives you good back support.
- Stretch and move every 20 minutes or so to give your head, neck, and shoulder muscles a break.



Stop playing if your hands feel weak or if they ache, burn, or tingle.



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Click here for more information
on staying on top of your game.

To learn more about the ways physical therapists
can help you, visit www.apta.org/consumer

STAY ON TOP OF YOUR GAME WITH THESE EASY EXERCISES



Tap each
finger with
the thumb
of the same
hand. Repeat
5 times.



Alternate tapping
your palm and the
back of your hand
against your thigh
as quickly as you
can. Repeat 20 times.



Open up your
hands and
spread fingers
as far apart as
possible. Hold
for 10 seconds.
Repeat 8 times.



Fold your hands
together; turn
your palms away
from your body
and extend your
arms overhead.
You should feel
the stretch in your
upper torso and
shoulders to hand.
Hold for 10 seconds.
Repeat 8 times.



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