

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

1



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

2



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

3



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

4



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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