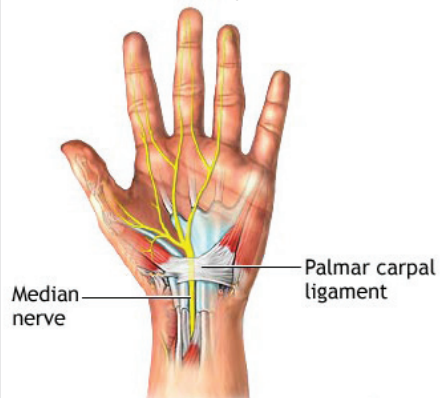
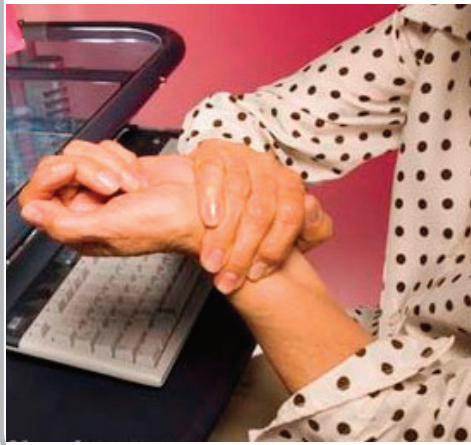


WRIST PAIN

Pain from wrist tendinitis is generally described as aching, provoked by exercise, and relieved by rest.



Carpal tunnel is often found as a workplace injury when the wrist is bent for an extended period of time.



The wrist tendons function close to the center of rotation of the joint thus resulting in the generation of large tension in the tendons to power wrist movement. The force of contraction in the wrist is increased in the presence of vibration.



Neutral Wrist Position

