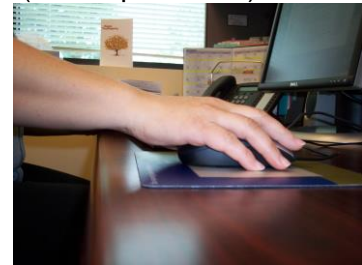


A Neutral Posture refers to the resting position of each joint. This is the position in which there is the least tension or pressure on nerves, tendons, muscles and bones. It is also the position in which muscles are at their resting length-neither contracted nor stretched. Let's look at the neutral positions for the wrist, forearm and hands by looking at some examples of common activities being performed both in and out of neutral positions.

**For The Wrist:** The neutral wrist position is with the wrist flat (not bent forward or back) and not angled side-to-side. For every fifteen degrees that the wrist is bent forward or back, increased pressure is placed on the nerve that runs through the wrist to the hand (the carpal tunnel).

**In Neutral –  
at keyboard and mouse**



**Not in Neutral – at keyboard  
and mouse**

*(wrist is at about 45 degrees)*



**The Forearm:** The neutral position for the forearm is half-way between palm-up and palm-down (with the thumb up and the palms facing each other). **Neutral when you are not typing:**



**The Hands:** You can't really be in neutral when using your hands however, you can provide them with support by keeping wrists in neutral and by avoiding over-extending your grip. If you use your fingers only you are missing about 75% of your hand strength!

**Good Grip**



**Over-extended Grip**



Using neutral positions throughout your day is easy and helps in the prevention of repetitive motion injuries!