

preventative measures

- take breaks
- open your arms when you sit at a keyboard for the first time
- take breaks
- you have 2 shift keys, use both
- take breaks
- stretch during your breaks
- exercise is good

oh no too late

- get some comfortable hand braces
 - try using them overnight first
- take an ibuprofen
 - ice your wrists
 - don't touch the keyboard again until you are pain-free!
- maybe time to spend money on keyboards and mice
- Trigger Point Therapy Workbook