

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

still didn't work

- see a physical therapist or an orthopedist, like a real professional maybe not me