



ReVive Orthopedics Spine & Sports Medicine

770-769-1724

Lithia Springs • Dunwoody • Loganville • Stockbridge • Peachtree City

Beyond The Spine

“Protect your most valuable tools — your hands!”

Recommendations from our Board Certified Orthopedic Hand & Upper Extremity Surgeon, Dr. Sonya Khurana MD, ABOS-D



Handy Tips for Healthy Hands

We use our hands daily for tasks ranging from brushing our teeth to enjoying hobbies like gardening or playing sports. This constant use makes them susceptible to injuries and conditions like **arthritis** or **carpal tunnel syndrome**. Maintaining hand health is crucial for staying active and independent.

Common Hand Health Challenges:

- **Carpal Tunnel Syndrome:** Occurs when a major nerve in the wrist is compressed, leading to pain, tingling, or numbness in the hand and arm. Risk factors include repetitive hand motion, diabetes or prediabetes, smoking, lack of aerobic activity, and being female (due to smaller carpal tunnels).
- **Arthritis:** Affects over 50 million adults in the U.S., causing joint pain, swelling, and reduced mobility in the hands.

The 4 P's of Hand Protection:

Positioning:
Avoid bending wrists or fingers to extreme angles.

Protection:
Use supportive tools and ergonomic equipment.

Planning:
Organize tasks to avoid overuse in a short time.

Pacing:
Know your limits. Take breaks and don't overdo it!

When to Seek Help:

If you're experiencing hand pain, numbness, or decreased mobility, call us to schedule an appointment. Early treatment and proper exercises can help prevent long-term problems.

Phone

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www.ReViveOrthopedics.com