



Thumbs Up!

Let's face it, your thumb never really gets a break. Stretching is a simple, effective way to strengthen your thumb and prevent injury.

When not pipetting, your thumb is involved in almost every activity – from texting and typing to controlling your TV remote. And over time, this constant thumb use can lead to repetitive strain injury (RSI). When pipetting, take breaks and do some or all of these hand stretches several times a day.

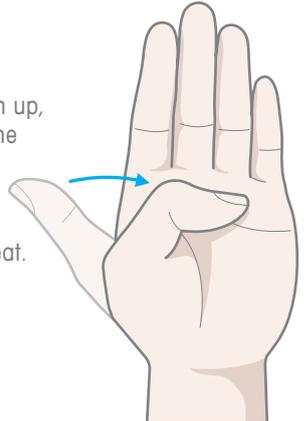
Thumbs Up Stretch

With your hand in a fist, raise your thumb up and out into a hitchhiker position. Hold and repeat.



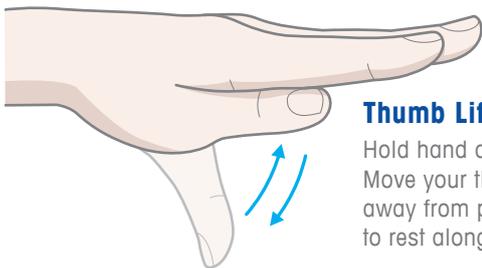
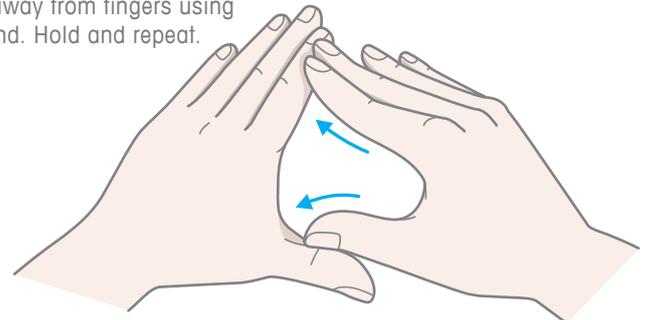
Thumb Flex

Holding your hand out and palm up, extend your thumb away from the other fingers as far as you can. Bend your thumb across your palm so it touches the base of your pinky finger. Hold and repeat.



Web Space Stretch

Hold hands out, palms down. Stretch your thumb away from fingers using opposing hand. Hold and repeat.

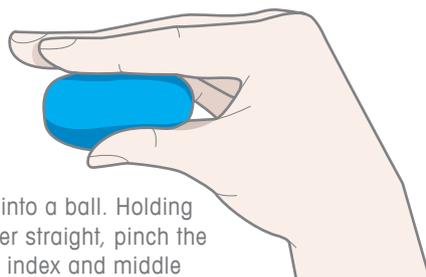


Thumb Lift

Hold hand out, palm down. Move your thumb down and away from palm, then back to rest along palm. Repeat.

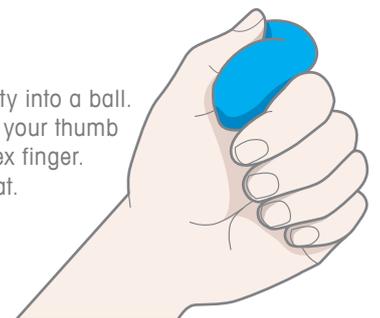
3-Finger Pinch

Shape some therapy putty into a ball. Holding your index and middle finger straight, pinch the putty between your thumb, index and middle fingers. Reshape putty and repeat.



Key Pinch

Shape some therapy putty into a ball. Pinch the putty between your thumb and the side of your index finger. Reshape putty and repeat.



These stretches are intended for healthy adults – stop immediately if you feel pain. If you experience continuing pain or discomfort, discontinue the painful or uncomfortable activity and consult your physician and local Human Resources department.

For more ergonomic pipetting solutions, please visit www.mt.com/gpp

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