

health hints

Repetitive Stress Injury

(NAPSA)—There is light at the end of the carpal tunnel. Taking frequent breaks, a wrist pad and a specially designed glove may help.

The injury can be caused by a wide range of repetitive movement activities, including typing, assembly line work, racquet sports, painting or writing.



There are ways to prevent carpal tunnel syndrome and find relief when it occurs.

Symptoms include weakness in one or both hands, a numbness or tingling in the thumb or fingers, joint pain and a weak grip.

Many people find relief from symptoms by using specially designed gloves, called Handeze. The form-fitting dressing of the gloves, which are made from a stretch fabric treated with the Med-A-Likra process, traps natural body heat, raising the blood temperature in the fingers, hands and wrists.

More information about the gloves is available by calling 1-800-432-4352.