
Elbows Out

In working conditions that require wrist bending, we sometimes transfer the stress to the elbow by “winging” it out to the side. Elbows out is an attempt to compensate for pain caused by a bent wrist.



Common Causes

Common Solutions

Hand starting/threading a bolt or fastener	▷	Use powered tools
Work is situated too high	▷	Lower top of work to waist height
Bending wrist to use hand tools	▷	Use tools (pliers, driver, knife, etc.) with angled handle
Wrong tool for the job	▷	Use pistol grip tools for vertical work, inline tools for horizontal work
Computer mouse is located higher than the keyboard and far away from you	▷	Place mouse adjacent to and in the same plane as the keyboard

