

# *Hobby News & Notes*

## **Avoiding Injuries When Knitting, Crafting And Painting**

(NAPSA)—Hobbies that require repetitive movements needn't include pain along with the pleasure. Painters can give pain the brush, while knitters give it the needle by knowing the symptoms of carpal tunnel syndrome and taking a few sensible precautions.



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

There are a number of preventive measures including frequent breaks and making sure your wrists are at the right level when knitting or gardening.

A growing number of people find relief from symptoms by using specially designed gloves. The gloves—called Handeze—are made with a stretch fabric that traps natural body heat, raising blood temperature in the fingers, hands and wrists.

For more information, visit [www.domeind.com](http://www.domeind.com).