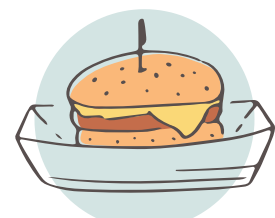
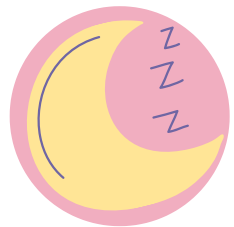




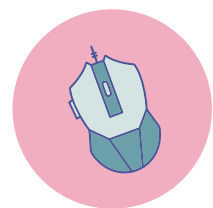
## ergonomics for esports athletes

ergonomics is the study of human efficiency in their working environment

### posture



recognize body cues



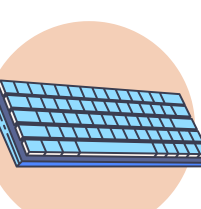
keep wrists straight



take meaningful breaks



do beneficial exercises



ergonomic setup

### solutions

- not enough sleep? focus on getting more the next night
  - not hungry but eating anyway? focus on getting in meaningful nutrients in healthy foods
  - feeling stiff? stretch effectively
- 
- outwardly bent wrists cause wrist pain due to compressed nerves
  - try to keep your wrists in different positions for different work, maybe using different mice for different tasks
- 
- stay off of screens during breaks
  - go for a walk, move, hydrate, get a snack, or stretch
- 
- there are exercises that are great for long-term sitting
  - abdominal exercises, shoulders/neck exercises, stability exercises for wrists/arms, range of motion exercises, and full body workouts
- 
- take the time to setup ergonomically before practice