

FOR IMMEDIATE RELEASE
October 2, 2006

CONTACT: Rob Black
301-652-6611 x 2963
cell: 301-641-4815
praota@aota.org

AS CAMPAIGN SEASON HEATS UP, AOTA ADVISES CANDIDATES TO “GRIP & GRIN”

Simple Steps Can Relieve Pressure on Hands and Wrists From Pressing the Flesh

(Bethesda, MD) — As election day approaches, candidates for elective office across the United States are shaking millions of hands and trying to win votes. Unfortunately, all that hand shaking can cause pain and stiffness in the hands, arms, neck, and back. The American Occupational Therapy Association (AOTA) has developed a brochure called “Grip and Grin: Surviving Handshaking On the Campaign Trail,” that will help candidates take care of themselves.

“This problem affects candidates on the left, the right, and in the middle,” said AOTA President M. Carolyn Baum, PhD, OTR/L, FAOTA. “By taking a few seconds to apply the proper handshaking skills, candidates can save the stress on their nerves and muscles for election day.”

The Grip and Grin brochure outlines several tips to improve a candidate’s handshake including advice to:

- Initiate the handshake for a firm lock on the other person’s hand.
- Shake from the arm, not the wrist.
- Break the handshake quickly and move on to the next one.
- Place the left hand over the back of the other person’s hand to distribute pressure more evenly.

These tips and other exercises can be found online in the [Grip and Grin brochure](#).

Occupational therapy practitioners are health, wellness, and rehabilitation professionals who are experts in preventing and treating conditions such as repetitive motion injuries through excessive handshaking.

The American Occupational Therapy Association, established in 1917, represents nearly 35,000 members. AOTA is an active advocate for the profession, and for individuals who can benefit from occupational therapy services.