shǒu wàn

手腕

Noun · Wrist

Example Sentences

wǒ de shǒu wàn yǒu diǎn téng
我的手腕有点疼。

My wrist hurts a little.

yī shēng jiàn yì wǒ duō huó dòng shǒu wàn yǐ huǎn jiě cháng qī shǐ yòng shǔ biāo dài lái de bú shì
医生建议我多活动手腕，以缓解长期使用鼠标带来的不适。

The doctor advised me to move my wrists more to alleviate the discomfort caused by prolonged mouse use.

nǐ néng fǒu zhǎn shì yí xià rú hé zài yú jiā liàn xí zhōng zhèng què bǎo hù shǒu wàn guān jié
你能否展示一下，如何在瑜伽练习中正确保护手腕关节？

Can you demonstrate how to properly protect the wrist joints during yoga practice?

Trace each character, then write the word on your own.

手 手 手 手 手 手 手

腕 腕 腕 腕 腕 腕 腕 腕 腕 腕 腕

腕 腕 腕 腕