



**CALIFORNIA STATE SCIENCE FAIR  
2016 PROJECT SUMMARY**

<b>Name(s)</b> Maya G. Minagawa	<b>Project Number</b> <b>J0320</b>
<b>Project Title</b> <b>Leave the "Wrist" of the Supports Behind!</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> The objective of this study was to challenge the commercial brand of wrist supports for gymnasts with a new invention made by the experimenter.</p> <p><b>Methods/Materials</b> Leather, Velcro, and various sewing supplies, were used in the making of the invention. tested with pressure test against no form of wrist support and the commercial brand of wrist support.</p> <p><b>Results</b> After gymnasts did three pressure tests (by doing thirty second handstands), one each with the invention, the commercial brand, and without support, the commercial brand provided the most comfort or the least amount of pain, followed closely by the invention.</p> <p><b>Conclusions/Discussion</b> In conclusion, my experiment was technically successful, as the invention did cause less pain than the no support condition, however the commercial brand still ended up providing the most comfort.</p>	
<b>Summary Statement</b> As measured by discomfort levels, the commercial brand of wrist supports provided better relief than the invention, however the invention did was significantly more comfortable than no support.	
<b>Help Received</b> I designed and built the wrist support myself, my adviser, Tina Brown helped finalize and perfect my ideas.	