



WaterRower Handle/Grip



IaraLubsch

[VIEW IN BROWSER](#)

updated 4. 5. 2023 | published 4. 5. 2023

Summary

Alternative handle to relieve wrist strains when you are prone to tendinitis.

[Hobby & Makers](#) > [Mechanical Parts](#)

Tags: [rower](#) [grip](#) [waterrower](#) [handle](#) [water](#) [tendinitis](#)

I designed this to relieve my wrists from the torque in the default posture, because I am prone to tendinitis. It slides onto the sides of the standard handles.

Recommended settings:

- **Supports:** organic
- **Infill:** 15%
- **Perimeters:** 5
- **Nozzle:** .6mm
- **Layer height:** .4mm
- **Material:** PETG

Prints in about 8 hours on my Prusa Mini. You need to print two of them (obviously), the second one does not need to be mirrored. **I also recommend wrapping the finished handles with grip tape.**

Model on OnShape: <https://cad.onshape.com/documents/a5577c8628004ee024cc4fda/v/de6453f672592c5ba0478240/e/>

d59b12b5a149710873c1d398?
renderMode=0&uiState=64465e55ded7aa3ef05368d6

Model files



waterrower-handle-v26.step

☐ Print two of them, the second one does not need to be mirrored.



waterrower-handle-v26.stl

License

This work is licensed under a
[Creative Commons \(4.0 International License\)](#)



Attribution—Noncommercial—Share Alike

-
- ✗ | Sharing without ATTRIBUTION
 - ✓ | Remix Culture allowed
 - ✗ | Commercial Use
 - ✗ | Free Cultural Works
 - ✗ | Meets Open Definition