

INFORMATION FOR HAND AND WRIST PAIN

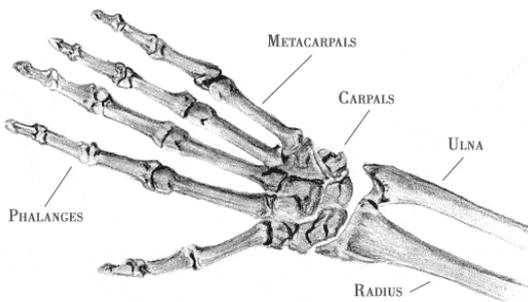
We have received a Physiotherapy referral for you. You have been placed on our waiting list and will be invited to attend an appointment as soon as one becomes available. Currently our waiting list isweeks. This is a rough guide as our waiting list fluctuates, so you may be seen sooner or later than this.

We will write to you 4-6 weeks before an appointment becomes available and ask you to telephone our office to arrange a mutually convenient appointment.

In the meantime we hope you find the information in this leaflet useful to help you manage your current problem. The advice / exercises should help to speed up your recovery and maximize the effects of physiotherapy and may actually resolve the problem. If this is the case please contact the Physiotherapy Department to let us know that you no longer require your appointment.

In the unlikely event that you have any problems after following the advice in this leaflet, please contact the **Physiotherapy Department on 01603 286990 between 8.30—4.00 Monday to Friday.**

THE FOLLOWING STRUCTURES MAY BE INVOLVED IN YOUR PAIN



LIGAMENTS—One of the structures that provide the stability in your hand and wrist.

MUSCLES—Very important structures which produce movement in your hand and wrist.

TENDONS—Structures which allow the muscles to attach to the bones.

NERVES— Structures which transmit impulses e.g. pain to the brain.

CAPSULE—Tough fibrous structure surrounding the joint.

FOR THE FIRST 48 HOURS AFTER AN INJURY OR RE-INJURY FOLLOW 'R.I.C.E'

RELATIVE REST—Keep your hand and wrist in a comfortable position, for example sit resting on a cushion. Make sure you exercise regularly.

ICE—Apply ice for 15 minutes (see next page for application)

COMPRESSION—Apply a compression bandage to the joint.

ELEVATION—Keep your arm up perhaps across your chest.

AFTER 48 HOURS FROM THE INJURY FOLLOW 'M.I.C.E'

MOVEMENT— Do the exercises shown in this leaflet

ICE—Apply as instructed in this leaflet, you may find heat also helpful at this stage

COMPRESSION— As above

ELEVATION—As Above

Application of ice: Place a wet tea towel directly over your skin, then place a bag of frozen peas on top of the towel. Keep the peas on for 15 – 20 minutes, checking your skin from time to time. Repeat up to 3 times a day.

Application of Heat: Wrap a hot water bottle in a towel and place over the area. Keep it on for 15 – 20 minutes, checking your skin from time to time. Repeat up to three times a day.

EXERCISES

These exercises are an important part of your rehabilitation. They will help to reduce your pain, increase your range of movement and help restore normal function. The exercises should be carried out little and often (four times a day) and only move as far as pain allows. If they increase your pain then reduce the number or frequency of exercises, or have a rest for a couple of days before restarting



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Sitting with your forearm supported over a table relax your hand over the edge.

Extend your wrist and clench your fist, then relax and let it drop over the edge. Repeat 10 times



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Sitting with your forearm on a table, palm turned down.

Alternately turn palm up and down keeping your elbow still.

Repeat 10 times



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Hold fingers and wrist straight.

Bend your wrist first towards the little finger and then towards the thumb. Repeat 10 times



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Support your elbow on a table with your wrist straight and fingers pointing towards the ceiling.

Make a fist, straighten your fingers and then bring them apart. Repeat 10 times