

Controlling Swelling in Your Hands



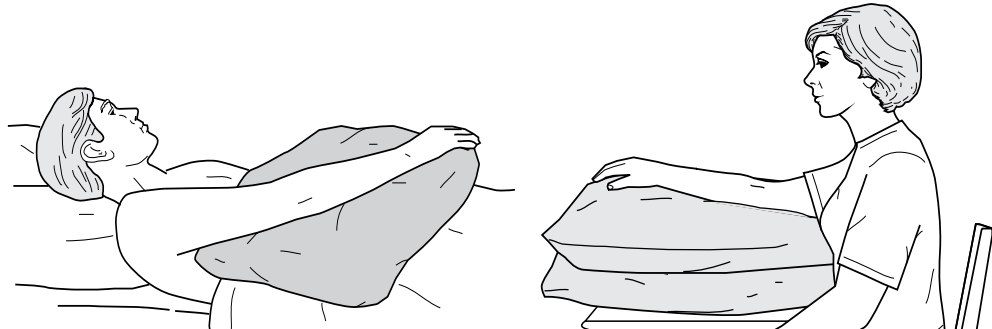
THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Do the following activities and exercises to help control swelling in your hand or both hands, depending on where your swelling is. This will help improve the motion of your fingers.

Lying down or sitting

Whenever you lie down or sit, rest your hand and forearm on a stack of pillows.

- Keep your hand above the level of your heart.
- Do not let your hand drop or let your hand fall over the edge of the pillows.
- Keep your hand above the level of your heart except when using the hand for activities.



Standing

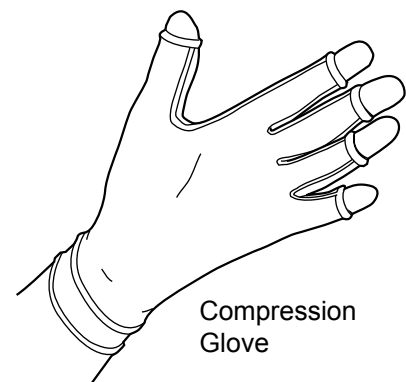
Whenever you stand for long periods of time, raise your hand above your head and do the fisting exercise explained below.

- Close your fingers into a fist and then spread the fingers apart. See page 2 for more information about this exercise.
- Do fisting exercises 10 times every 15 minutes while you are standing.

Wearing special gloves or dressing

You may be given compression gloves by your therapist.

- Wear the gloves inside out.
- Wear the glove 24 hours a day or as prescribed by your therapist.
- Remove the glove for washing your hands.
- Hand wash the glove in cold water and mild detergent every other day, and hang to dry.



Coban Wrap: You may be given Coban Wrap by your therapist to wrap your hand. Your therapist will show you how to apply the wrap.



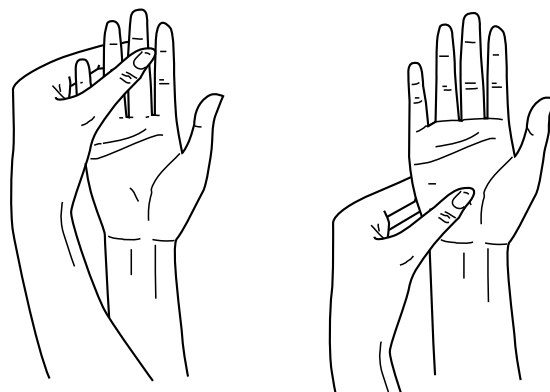
Coban Wrap

Stop wearing glove or wrap and call your therapist if:

- Your fingers feel cold or tingling
- Pressure to fingertips does not turn the skin white
- Your fingers look blue

Massage

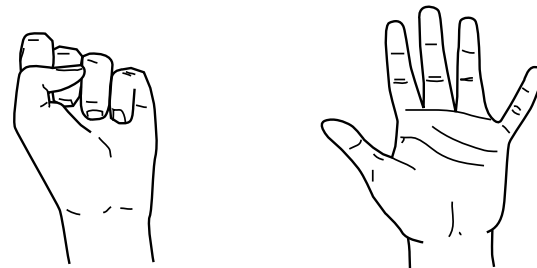
1. Position your hand on pillows or hold your hand in the air with the elbow resting on a table.
2. Apply lotion to the hand.
3. Begin at your finger tips and use firm pressure with long, smooth strokes and rub down your fingers to the hand and wrist.
4. Place your hand and forearm on pillows after massage.



Exercises

Fisting Exercise

- Do exercise _____ times a day.
- Close your fingers into a fist, and then spread your fingers apart.



Foam Block Squeeze

Squeeze the foam block provided by your therapist with your:

- Left hand
- Right hand
- Both Hands
 - Do exercise _____ times a day for _____ minutes.
 - Squeeze it hard for a count of 5.



Your therapist may give you more exercises to do.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.