

Hand/Wrist Injury

Management of Pain and Swelling



Okotoks Physical Therapy

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Provided for

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1) Elevation:

Keep your hand elevated above the level of your heart as much as possible.

2) Massage:

Lightly massage from your fingertips towards the armpit. Keep your hand elevated while you massage. Perform for 5 minutes, 2-3 times per day.

3) Range of Motion:

Perform gentle range of motion exercises 3-4 times per day.

4) Cold packs:

Wrap a cold pack around your wrist for 10-20 minutes. Repeat as needed throughout the day.

5) Contrast bath:

Place your hand in warm water for 30-60 seconds, then place your hand in cold water for 30-60 seconds. Repeat sequence for 10 minutes, 1-2 times/day.

6) Compression:

Use a tensor bandage, a brace, or a compression sleeve.

7) Monitor activity levels:

Gradually increase your activity. If pain and swelling are not controlled, you need to build more rest and recovery time into your day.



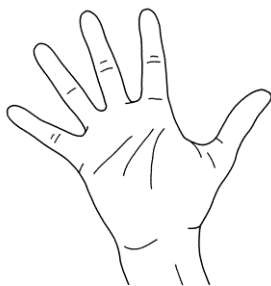
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Wrist Range of Motion

Bend and extend your wrist as far as you comfortably can.

Repeat 10-30 times.

Do 3-4 times/day.



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Hand Range of Motion

Bend and extend your fingers as far as you comfortably can.

Repeat 10-30 times.

Do 3-4 times/day.