

WRIST OR HAND PAIN ADVICE

WA

USE OF HEAT

You could try the following to help relieve pain in your hands or wrist:

Lightly coat your whole hand and wrist in oil e.g. body oil or cooking oil.

Place your hand into a thick rubber glove e.g. washing up gloves

Place the gloved hand into fairly hot water (they are protected by the gloves)

Whilst in the water gently move your hands and fingers to take them through normal movements (or do the exercises you have been given by the Physiotherapist)

After about 10-15 minutes remove hands from water and take off the gloves Gently rub in the remaining oil and continue to do some of the wrist and hand stretches.

NB Please be careful not to burn your skin – make sure the gloves are water tight.

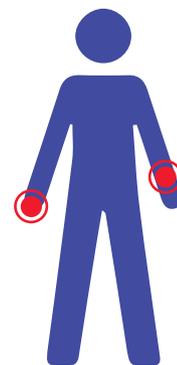
USE OF COLD

You could use an ice pack e.g. a bag of frozen peas wrapped in a towel.

Slide your hand into the folds of towel so that you feel the ice pack.

10-15 minutes at a time, or if too cold put hand in for a minute or 2 and remove, then repeat this process over 10-15 minutes

NB Ice can also burn so please check your skin and make sure you protect your skin by having the ice wrapped in a protective layer before applying it.



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Adaptations you may try:

Generally the hand will be more comfortable if you use a 'wider grip'
e.g. Use knives and forks with a thicker handle to eat with.

Use thicker pens to write with

You can adapt your own by wrapping tape or padding around the handles.

It may be useful to visit a home store and see if you can get any appliances to help
with grip. These can be very simple but help to take pressure off your hands whilst
allowing you to be independent.

For example jar openers, tap turners, etc

Clothes with zips or larger buttons can be easier to put on.

Shoes with zips or Velcro straps can be easier than tying laces.

