

# HEALTH FOR LIFE

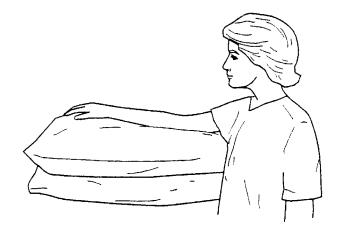
# **Controlling Swelling In Your Hands**

Please do the following activities and exercises to keep swelling in your hands to a minimum so you will have improved motion of your fingers.

## In Bed Or When Sitting:

Whenever you sit or lie down, 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 hand over the edge of the pillows.
- Keep your hand above the level of your heart except when using the hand for activities.



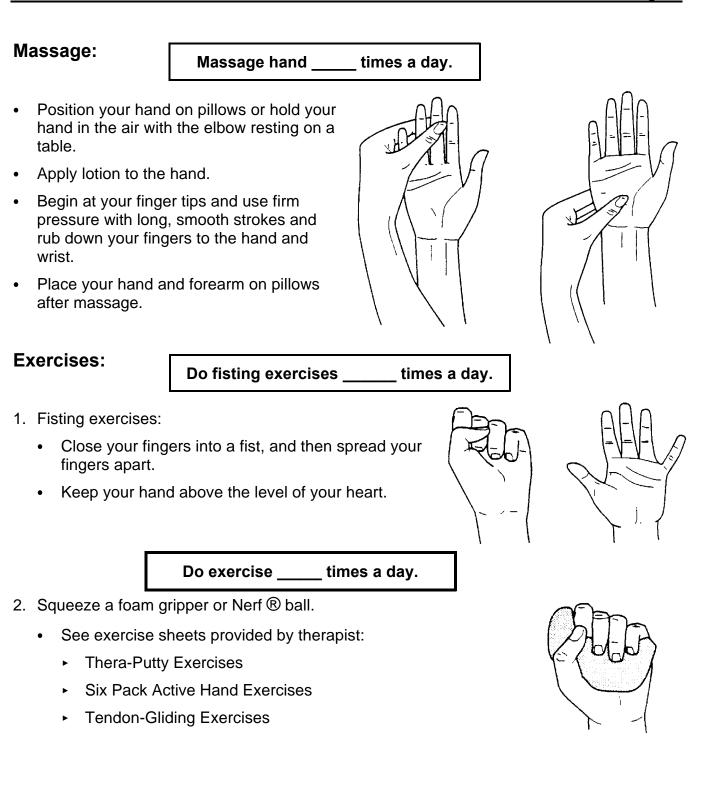
#### Standing:

Whenever you stand for long periods of time, raise your hand above your head and do fisting exercises.

- Close your fingers into a fist and then spread the fingers apart.
- Do fisting exercises 10 times every 15 minutes.

## Wearing Special Gloves Or Dressing:

- 1. Isotoner gloves may be provided by your therapist
  - Wear the glove inside out.
  - Wear the glove 24 hours a day.
  - Remove the glove for washing your hands.
  - Hand wash the glove in cold water and mild detergent every other day, and hang to dry.
  - Stop wearing the glove and call your therapist if:
    - Your fingers feel cold or tingling
    - Pressure to fingertips does not turn the skin white
- 2. Coban wrap may be provided by your therapist. You will be instructed on how to apply the wrap to your hand.



## If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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 Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.