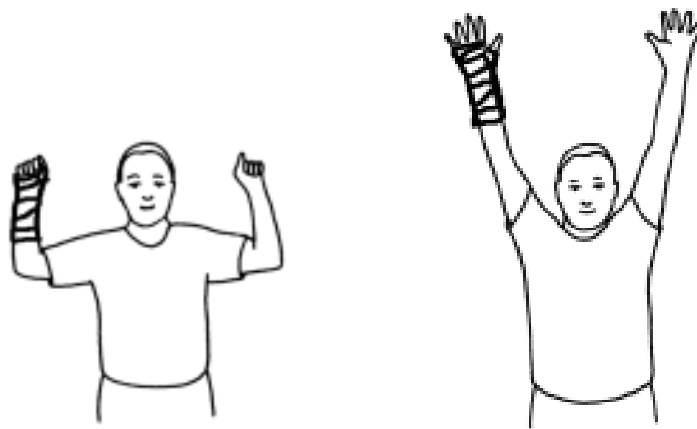


# Patientinformation

## Arm or hand in plaster – post-operative

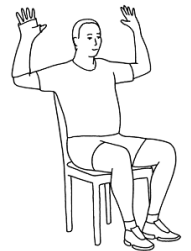


When your hand or arm is in plaster or bandaged and therefore immobilized, the risk of swelling or stiffness increases.

Exercising enhances the circulation and helps to eliminate the swelling. It also makes the fingers more supple and prevents joint stiffness.

**It is important to practise these exercises regularly, so it is recommended that you do the following 10 times every hour or when it feels swollen.**

- With your hands level with your shoulders.
- Clench your fists until the knuckles go white.
- Stretch up your arms.
- Stretch and spread out your fingers.



- Put your hands by your neck, with your elbows in front of your nose, then opening out to the side.



- Put your hand behind your back and touch the opposite shoulder blade.



- Touch the tops of your thumb and forefinger and try to shape an O.
- Stretch out your fingers and thumb.
- Do the same thing with your other fingers.



### **Waving does not help.**

Do the exercises properly and at full strength. Compare with your other arm. Any pain in your fingers while doing them will not endanger the healing process.

Carry on with the exercises if the swelling continues after the plaster/bandage is removed.

**At night and while resting.** Put your hand on a pillow to elevate it. Extend your hand/arm, rather than bending it.



## Remember

- do not let your hand hang down at first for any length of time
- do not put your hand in your shirt, coat or sling
- do not help with your other hand while doing the exercises
- do not hold your hand in warm water
- use your hand as normally as possible for light daily activities

## Contact information

In case of any problems with continued swelling, contact your doctor or the Central Department of Occupational Therapy.

Phone: 033 – 616 12 79 Borås / 0320 – 77 93 58 Skene

You can read more about the Swedish healthcare at [www.1177.se](http://www.1177.se).

