



A recently injured/operated hand or arm can result in a high risk for stiffness and edema/swelling. Edema is a natural reaction to an injury. If it stays in the injured area too long it can have a negative impact on joint motion and the general healing process. Research has shown the importance of early mobilisation to decrease pain and increase hand function and grip ability.

If pain, swelling or stiffness does not diminish, please contact:

- Team öppenvård/handteamet, rehabmottagning Alingsås, telefon 0322-22 62 85
- Occupational therapist primary care rehab—search for a clinic close to you by [1177.se/hitta vård](https://www.1177.se/hitta-vard)

Individual information

Living habits of food, alcohol, tobacco and physical activity have a big impact on your health. If you want to know more about this you can find information, tests, advice and actions plans at [1177.se](https://www.1177.se).



Recently injured or operated hand

Information from the Rehabilitation Clinic
of Alingsås lasarett.

Important information

You can reduce or prevent edema by holding your hand and arm high, preferably above heart level, so that the swelling can flow back into your body's lymphatic system.

- During the night you can rest your hand on a pillow and hold your elbow straight. Try to relax your shoulder.
- During resting moments at day taimé you can elevate your hand on a pillow or table above heart level, or put your arm for example on the back of the sofa.
- Don't let your arm hang down for longer periods.
- Don't use a sling unless you have specific orders to do so.

It is essential that you use your hand as normal as possible in everyday activities, without increasing pain.

Start with the following exercises soon after injury or operation. If you received anesthesia, wait until it has worn off.

Exercise against edema

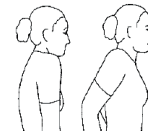
You shall exercise to decrease edema every waken hour and when you feel tensed in your hand or arm.

Raise your arms up in front of you. Open your hands and spread your fingers apart. Then make a fist and drag your arms down along the side of your body. Do the exercises with power, only wiggling is not enough. Repeat for 10 times.

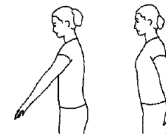


Mobility training

Prevent or loosen up tension in your shoulders, arms and fingers. Do the following exercises 4–6 times a day, repeat every exercise 6–8 times.



Roll with both shoulders in big circles at the same time. Roll backwards and draw your shoulder blades together, then down and forward again in a flowing motion. Your arms should be relaxed.

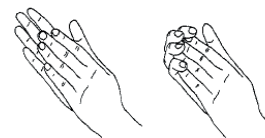


Stretch your arms in front of you and turn them so that the back of your hands meet. Stretch your shoulder blades away from each other. Hold a few seconds. Then extend your back, stretch out your arms and bring the back of your hands towards each other behind your back, so that your shoulder blades come together. Relax.



Support your injured arm at the elbow with your other hand. Stretch out your arm completely and then bend it again.

You should be able to move all the joints in your hand, except for the ones that are immobilised with a cast or splint.



Extend your fingers and support the base of the fingers with your other hand. Hold them straight and bend your middle and top joints as far as you can. Hold 5 seconds. Straighten them again.



Extend and spread your fingers and thumb. Relax. Bend all your finger joints and make a fist. Put your thumb as a lock in front of it. Relax.