

Hand Swelling Resource Guide

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Enjoy this FREE resource guide for patients, clinicians and caregivers. I hope that it gives you guidance and support to reduce hand swelling.

Your specific cause of swelling:

- ☐ Trauma
- ☐ Surgery/Scar tissue
- ☐ Chronic condition
- ☐ Overuse
- ☐ Dependent position of your arm or non use for prolonged period of time
- Other: _____

Here are some common symptoms, which one do you feel?

- ☐ Fullness and heaviness of the arm or hand
- ☐ When pushing on the area, the finger leaves behind an indented imprint (pitting edema)
- ☐ Pain/tightness (1-10: _____)
- ☐ Decreased mobility
- ☐ Numbness/ Tingling
- ☐ Redness/ Shiny skin / discoloration
- ☐ loss of visual contours of hand (less wrinkles)

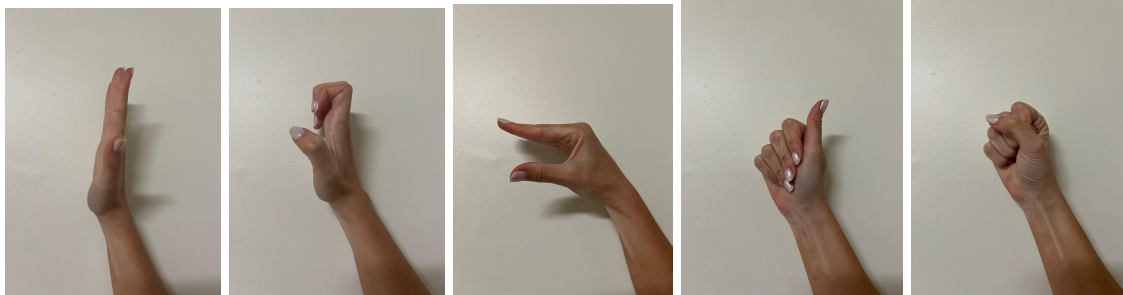
Here are some key interventions to help you:

- ☐ Active exercises for the upper body
- ☐ Retrograde massage, manual lymph drainage, manual edema mobilization
- ☐ Ice, or alternating ice and moist heat
- ☐ Compression (coban, gauze wrap, compression gloves/gauntlet/sleeve/chip foam)
- ☐ Activity modification/ergonomic modifications including elevation
- ☐ Kinesiotape

Home Program For Edema Management

Exercise

[] Tendon glides:



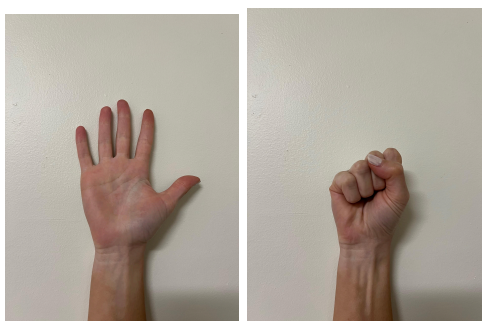
Please complete _____ times per day, _____ reps each.

[] Digital abduction/adduction:



Please complete _____ times per day, _____ reps each.

[] Digital flexion/extension:



Please complete _____ times per day, _____ reps each.

[] Upper Body Range Of Motion

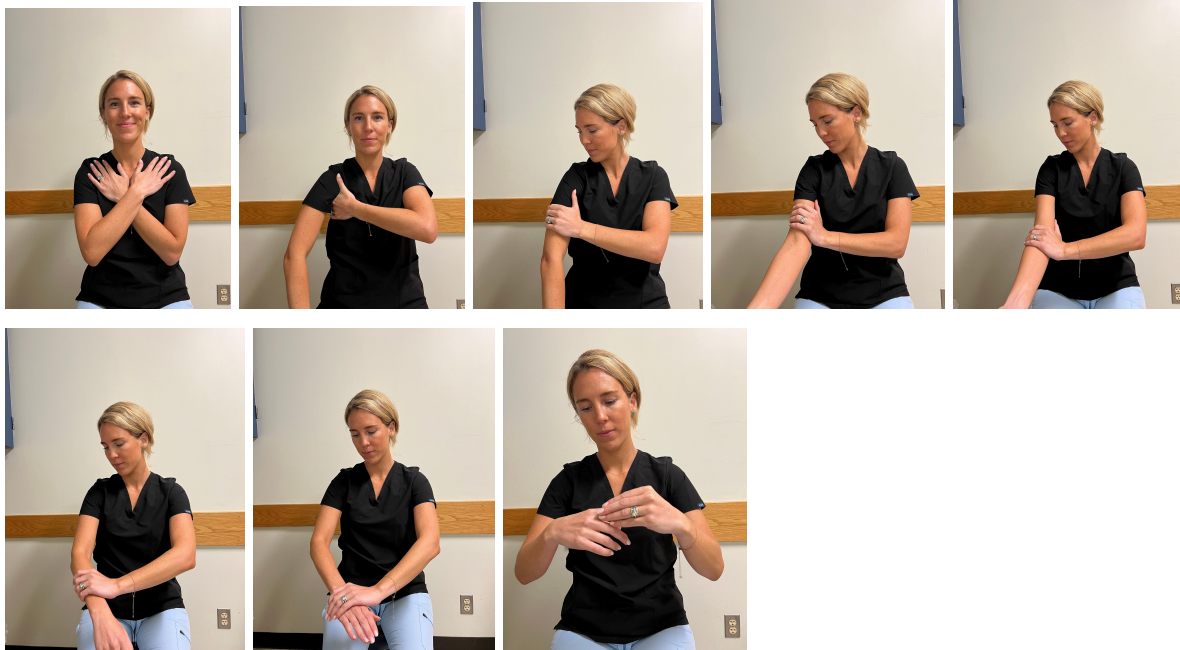
Please complete _____ times per day, _____ reps each.



Massage (Manual Lymph Drainage)

1. 5-10 circles at chest
2. 5-10 circles at axilla (armpit)
3. Upper arm 5-10 strokes on bicep/tricep in a upward direction towards armpit
4. Massage inner elbow: 5-10 circles

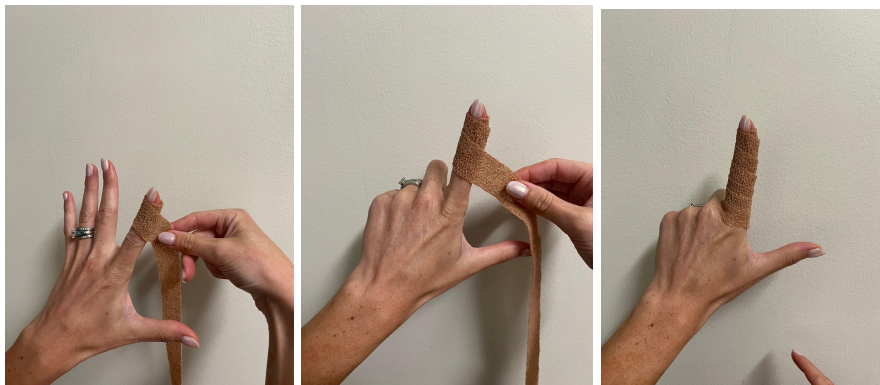
5. Lower arm/forearm: 5-10 strokes in a upward direction towards elbow
6. Top of hand
7. Individual circles
8. Massage all the way back up the arm



Compression: *Remove if tips of fingers turn purple/blue or you feel additional numbness or tingling.*

Coban Wrap

Please complete _____ times per day, wear for _____ hours.



Gauze wrap

Please complete _____ times per day, wear for _____ hours.



KinesioTape: *clean skin prior to applying tape. To remove, apply lotion/oil/ice to the tape to loosen adhesive. Tip: for less irritation, remove in the shower. Keep tape on for _____ days.*



Compression Garments: *Wearing schedule:* _____

☐ Gauntlet ☐ Glove ☐ Hand and arm sleeve ☐ Hand wrap/chip foams



Daily tips to improve fluid reduction

Wrist- Free Lymph Flow Yoga : www.youtube.com/c/balancewithbabz

- [] Sleeping position (pillows under arm to promote elevation which helps to reduce fluid)
- [] Dressing tips (avoid constriction with tight watches/bracelets)
- [] Meal preparation (using larger handles to avoid prolonged tight grasp, taking breaks)
- [] Community/social participation (is your exercise or leisure routines impacting your hand swelling)
- [] Mobility/exercise routine (while walking, reminder to lift arm up to avoid prolonged dependent position)
- [] Car (avoid clenching steering wheel or creating a fist while being a passenger)
- [] Watching a movie/down time (avoid clenching wrist in lap, place arm on couch arm rest)
- [] Hydration and nutrition (avoiding inflammatory foods - nutrition consult)

[] Work (discuss specific modifications)

[] Body temperature regulation (maintain neutral body temperature)

Questions? E-mail balancewithbabz@gmail.com or visit my website www.balancewithbabz.com