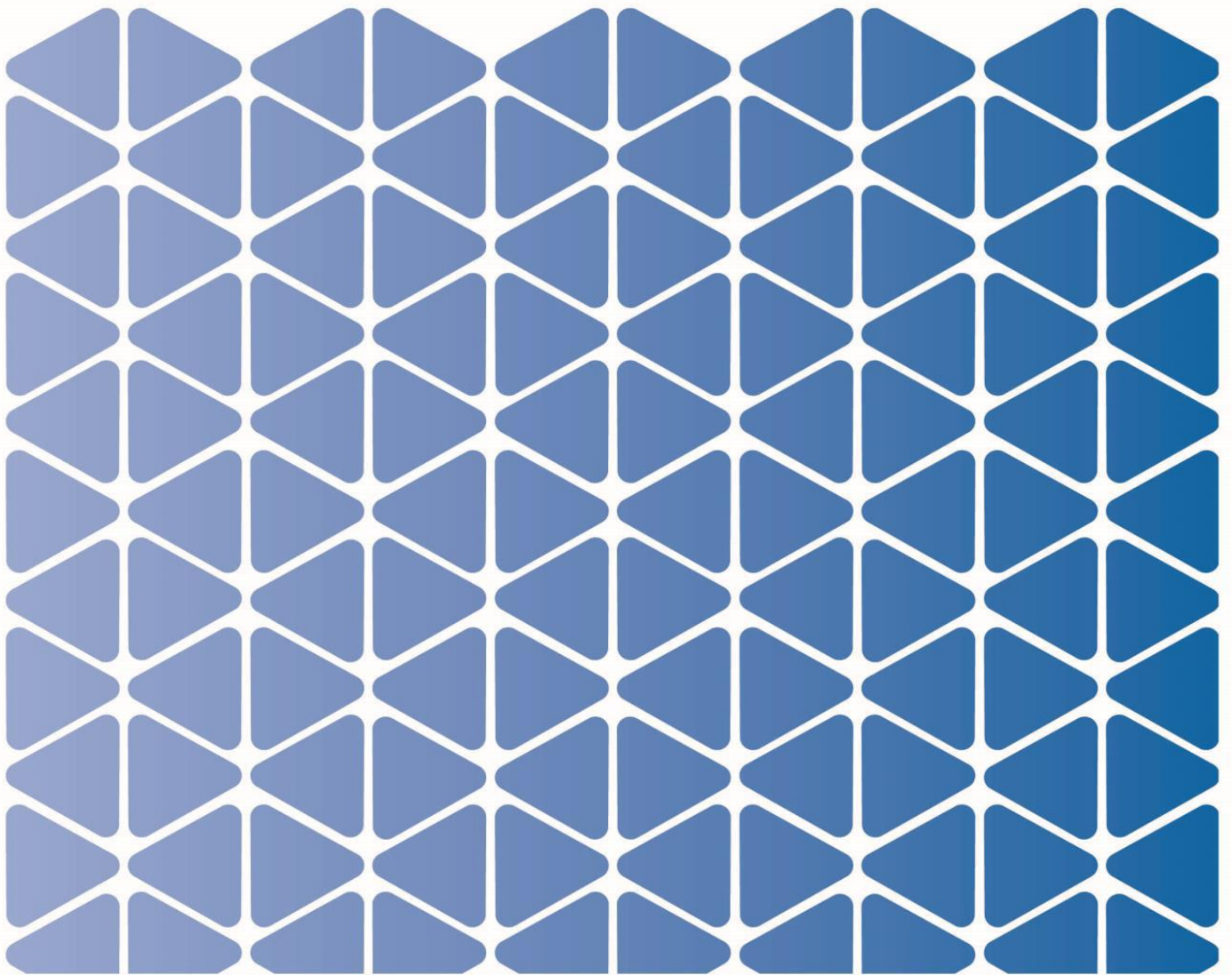


PATIENT INFORMATION

PHYSIOTHERAPY DEPARTMENT

**ADVICE FOR PATIENTS WITH
HAND PAIN AND STIFFNESS**



INTRODUCTION

This advice and exercise sheet has been produced by Senior Physiotherapists working within the Worcestershire Acute Hospitals NHS Trust.

It offers simple advice and exercises to help you safely manage your hand problem, often the right advice and exercises are all that is needed.

This leaflet has been made available to your GP who may ask you to try the advice and exercises prior to referring for physiotherapy. Alternatively, you may be sent this leaflet whilst you are on a physiotherapy waiting list.

This leaflet is also available as a download from the Trust's website:

www.worcestershirehealth.nhs.uk/Acute_Trust/Physiotherapy

Follow the advice and exercises with care. If any of the exercises makes your pain worse STOP and seek advice.

FOR PAIN RELIEF

HOT WATER SOAKS are very useful for stiffness and pain in the fingers – but unless performed in conjunction with exercises, do not have any long term benefit.

- Use moisturising cream on hands
- Put on washing up gloves (NB: If you are allergic to latex, you will have to find a non-latex glove)
- Place your gloved hands in hot water for 10-20 minutes. Ensure water does not enter glove.
- REMOVE GLOVES AND DO THE FOLLOWING HAND EXERCISES.

Do this as often as you can, ideally three times a day.

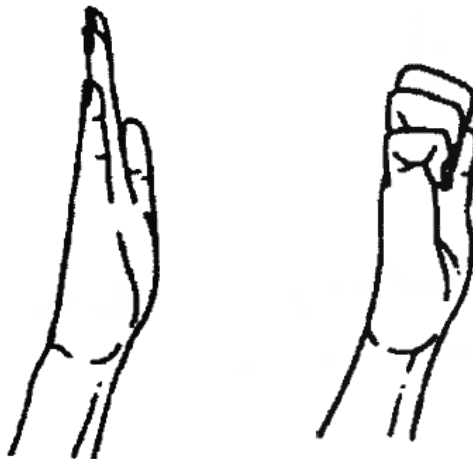
FINGER AND THUMB EXERCISES

Repeat all of the exercises below 10 times, 3 times each day:-

1. Make a tight fist and then stretch your fingers out as far as you can.



2. Keeping the first row of knuckles straight, bring your fingers down to your palm and then stretch them out.

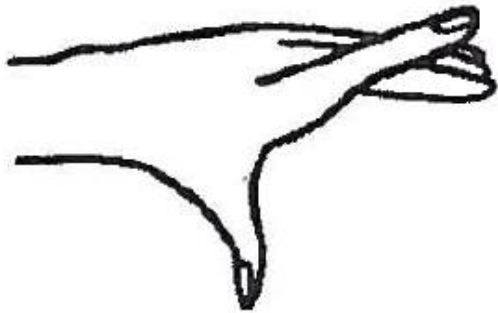


3. Now bend the knuckles keeping the finger joints straight.

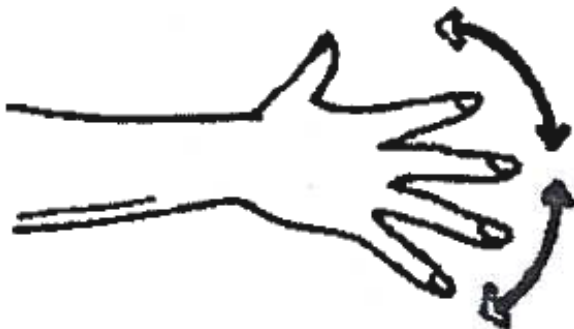


4. With your palm resting downwards on a table:-

Lift all of your fingers off the table together



Lift each finger in turn off the table

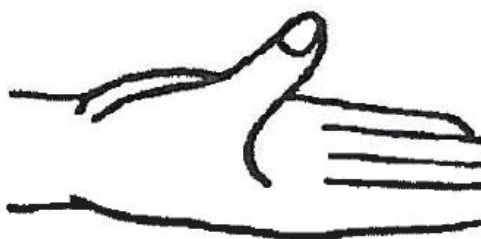


Spread your fingers apart

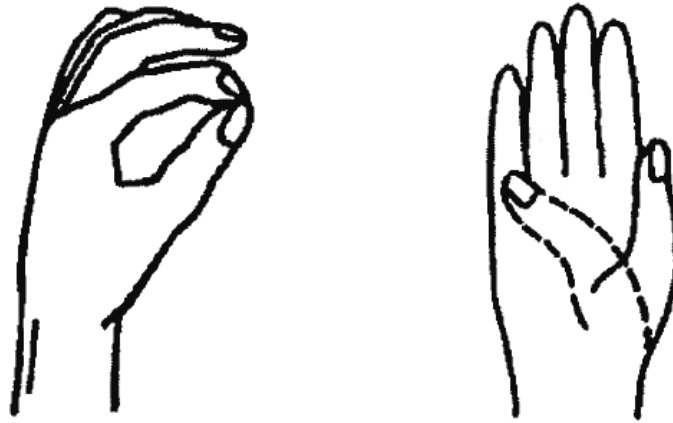
5. With your palm resting downwards on a table, place your thumb alongside your index finger.



6. Turn your hand over so that the back of your hand is resting on the table with your thumb alongside your index finger. Lift your thumb as far as you can.



7. Touch the pad of each finger in turn. When you reach the little finger, run your thumb down your little finger to the palm.



8. Using an elastic band between your thumb and index finger, stretch the band apart as far as you can. Repeat this with the other fingers.

NB: If you feel the exercises are making your pain worse, STOP DOING THEM AND SEEK ADVICE

QUERIES:

If you are unsure about any of the advice in this leaflet

OR

If you require further advice from a
Chartered Physiotherapist

Please contact your local Physiotherapy Department
between 8.30am - 4.30pm
Monday - Friday
on the direct dial numbers below:

Worcestershire Royal Hospital
Tel: 01905 760622/ 760187

Alexandra Hospital, Redditch
Tel: 01527 512114

Kidderminster Hospital & Treatment Centre
Tel: 01562 513066

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.