

Massage for a swollen hand

Occupational Therapy and Physiotherapy

Who is this leaflet for?

This leaflet is for patients who are experiencing oedema (swelling) of the hand and who have been advised to use massage to help with this.

You may have already received a leaflet entitled 'Reducing oedema (swelling) of the hand' which provides more information to read alongside this leaflet.

Why is my hand swollen?

Some swelling is normal following an injury or surgery, but it is extremely important that the swelling in your finger(s) is reduced as quickly as possible. If the swelling is not reduced quickly then the fluid in the tissues can change into a more thickened gel which is much harder to disperse. This can then cause soft tissue adhesions (internal scar tissue), loss of muscle elasticity & joint stiffness.

How do I massage my hand?

Use a non-scented hand cream or oil depending on your preference. This ensures a smooth, gliding massage and avoids skin irritation.

Sit comfortably with your elbows resting on the table and your hand up in the air.

Apply the oil or cream to the hand or finger and firmly stroke from the tip of the finger down the hand, continuing down the arm. The strokes should be long, smooth and firm so that the excess fluid is pushed out of the fingers.

It is possible to do this yourself, but much better if someone can do the massage for you.

How often should I massage my hand?

Ideally, carry out the massage after each of your exercise sessions throughout the day.

Are there any side-effects or precautions for hand massage?

Your surgeon and / or therapist has assessed you as being safe to use hand massage. However if you experience severe discomfort or pain, or any other new symptoms you are worried about, please stop the massage and speak to your therapist.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Who can I contact if I have any concerns or questions?

If you have concerns or questions about any aspect of hand massage please speak to your therapist.

Name of therapist:

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Contact telephone number:

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Out of hours/emergency contact details:

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English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。