

Hand injuries and exercises

Advice to parents and children

Your child has sustained an injury to their hand. The important thing with hand injuries is to control the swelling that will occur.

The ways to do this are:

- **Your child needs to wear the sling** supplied at all times during the day.
This should be for the next couple of days and while the swelling persists.
The sling can be removed overnight.
- At night, **keep the hand high** by resting it up on pillows.
- If your child's hand is swollen, keep it elevated above their shoulder as much as possible. If they do not have any open wounds or stitches, then their hand may also be soaked in iced water to reduce the swelling. Repeat the soakings every 2 hours for 10 - 15 minutes.
- Ice-packs may also be used to keep swelling down.
- **Despite their injury, it is important to keep your child's hand and fingers moving - otherwise the hand will become more painful and stiff.**

Your child should try to use their hand as much as the pain allows, especially for simple things like eating and dressing (wiggling the fingers is not enough).

- Take your child's arm out of the sling several times a day to **exercise** the shoulder, elbow and wrist - see overleaf.
- If your child has any pain or discomfort, painkillers such as Paracetamol are recommended.

**DO NOT REPLACE ANY RINGS UNTIL ALL THE SWELLING
HAS COMPLETELY SETTLED DOWN**

Hand exercises

If advised by the doctor or nurse, your child should try to do some of these every hour. The motto is 'little and often' throughout the day.

Your child should:

1. Make a fist and then stretch the fingers straight. Repeat 10 times.
2. Touch their thumb to each finger tip in turn, and then slide the thumb down each finger. Repeat 10 times.
3. Bend their wrist forwards and backwards. Repeat 10 times.
4. Tuck their elbow into their side, and turn their palm upwards and downwards. Repeat 10 times.
5. Practice squeezing on a piece of sponge for 3 minutes.

As the pain, stiffness and swelling improves, your child may gradually reduce the amount of exercising and stop the iced soaks. Your child should try to return to using their hand normally as soon as possible.

If in the next 24 hours you require further advice relating to this attendance, please telephone the Children's Emergency Department on 01332 787694 and ask to speak to a qualified nurse.

Call **111** for non-emergency confidential health care advice and information, 24 hours a day.

"Call 111 when it's less urgent than 999"