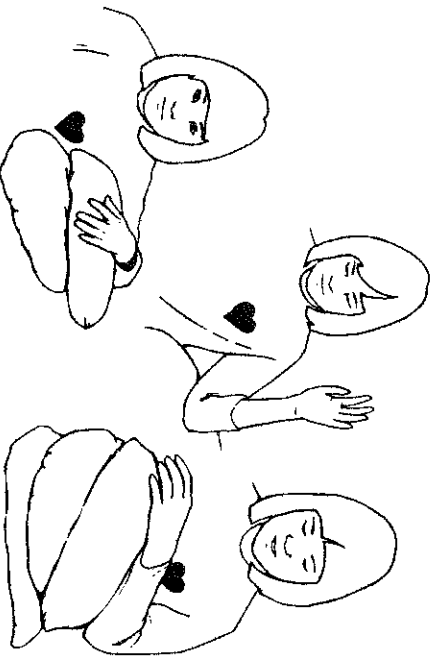


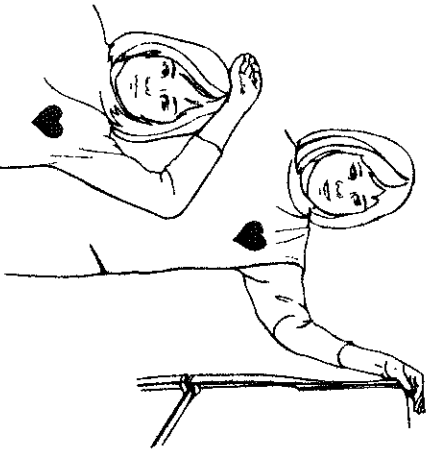
HAND CARE - 1 Edema Reduction (Elevation – Sitting)



Elevate hand above heart level.

Hold for _____ minutes every _____ hours.

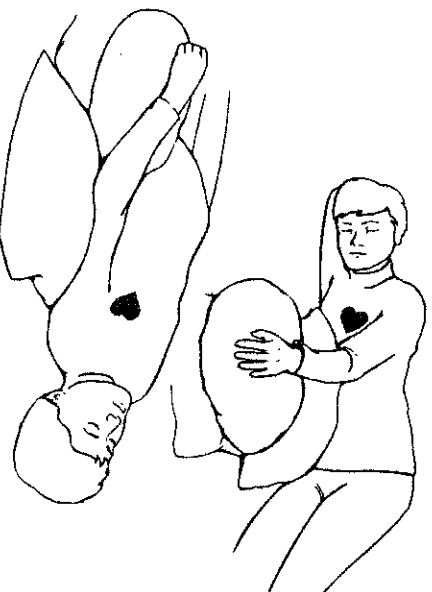
HAND CARE - 3 Edema Reduction (Elevation – Standing)



Elevate hand above heart level by placing on top of head or on furniture.

Hold for _____ minutes every _____ hours.

HAND CARE - 2 Edema Reduction (Elevation – Lying)



Elevate hand above heart level on several pillows.

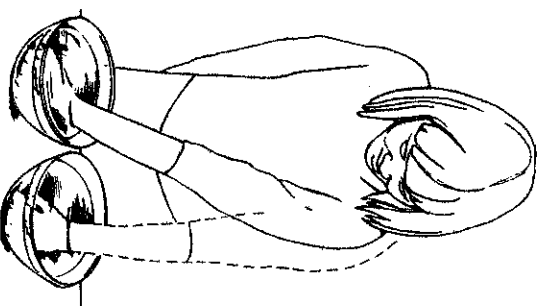
Hold for _____ minutes every _____ hours.

HAND CARE - 4 Edema Reduction (Contrast Baths)

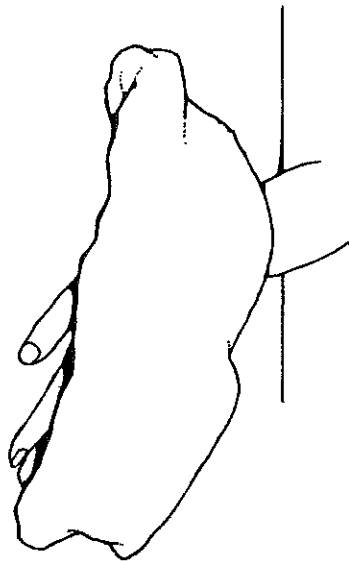
Have 2 containers deep enough for involved area to be immersed. Fill one with warm water and the other with slightly chilled water.

Soak in warm water for 1 to 2 minutes; cold for ½ to 1 minute.

Alternate and continue for 10 minutes. End in warm water.



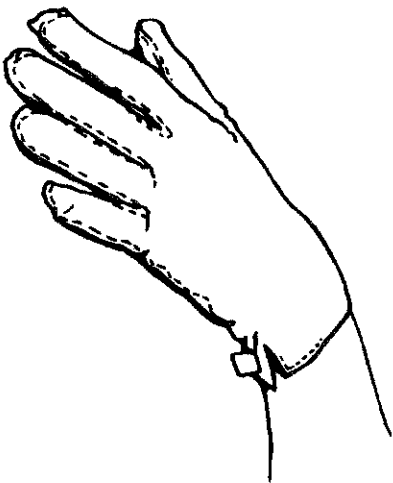
HAND CARE - 11 Edema Reduction (Ice Bag)



Wrap a bag of frozen peas or crushed ice in thin towel and place on hand for _____ minutes.

Do _____ times per day.

HAND CARE - 5 Edema Reduction (Isotoner™ Glove)



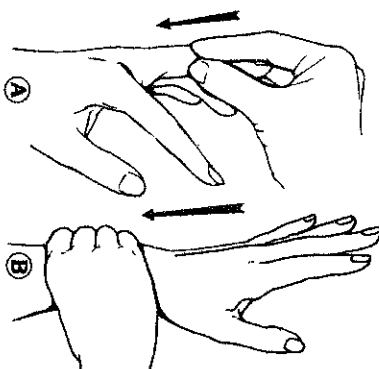
Wear glove inside-out to eliminate seam lines.

Wear for _____ hours at first, then gradually increase by _____ hours daily until wear time totals _____ hours.

HAND CARE - 7 Edema Reduction (Retrograde Massage)

A. Encluse tip of finger with other hand and slide toward wrist.

B. For larger areas, massage toward the body in one direction only.



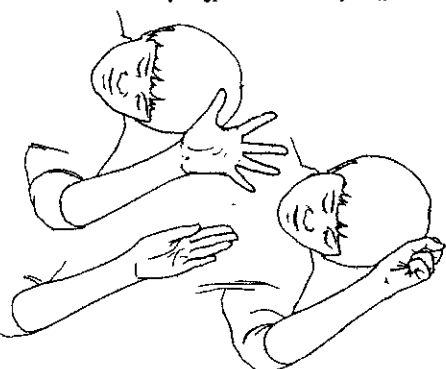
Repeat _____ times.

Do _____ sessions per day.

HAND CARE - 6 Edema Reduction (Pumping Exercises)

Hold hand overhead. Squeeze fingers together, making a fist. Repeat _____ times.

Spread fingers apart then press together. Repeat _____ times.



Do _____ sessions per day.