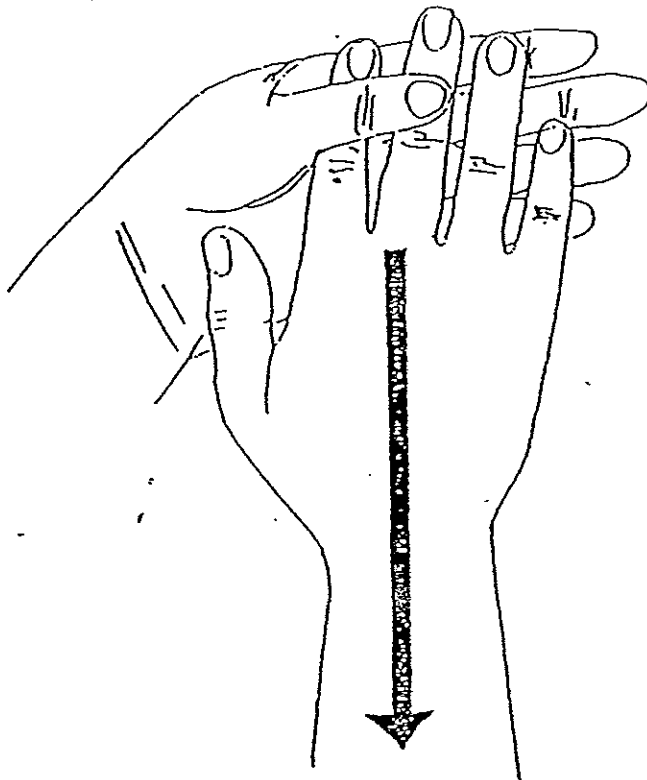


E D E M A M A S S A G E

Edema is another word for swelling. The purpose of the edema massage is to decrease swelling by helping in the circulation of blood and lymphatic fluids.

1. Use a hand lotion as a lubricant. Any brand will do.
2. Hold your swollen hand up, in an elevated position.
3. Start at your fingertips and rub the lotion down your hand to your forearm.
4. Use firm, even pressure during the massage.
5. DO NOT rub from the forearm up to the hand. This only encourages fluids to pool in the hand.
6. DO NOT massage over open wounds.
7. Edema massages should be performed for ten minutes, three times a day.

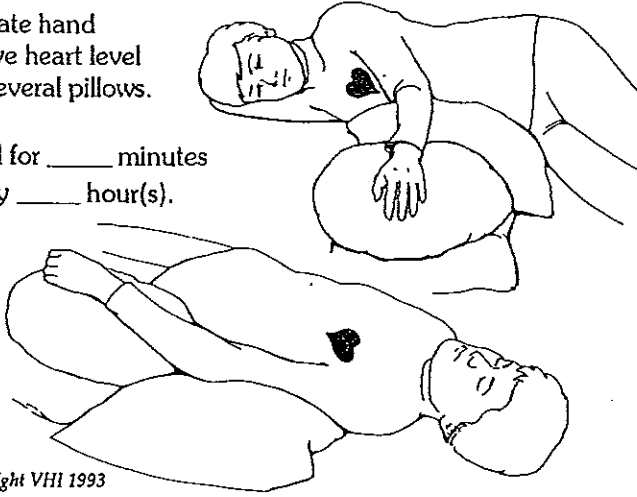


HAND CARE - 2

Edema Reduction (Elevation - Prone)

Elevate hand above heart level on several pillows.

Hold for ____ minutes every ____ hour(s).



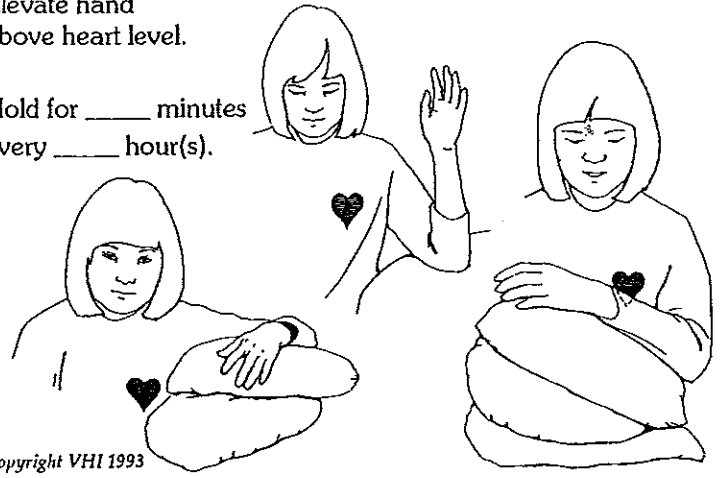
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HAND CARE - 1

Edema Reduction (Elevation - Sitting)

Elevate hand above heart level.

Hold for ____ minutes every ____ hour(s).



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HAND CARE - 4

Edema Reduction (Contrast Baths)

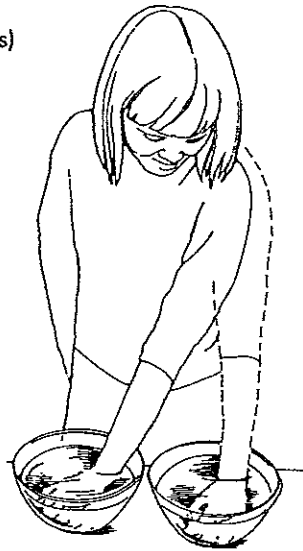
Have 2 containers deep enough for body part to be immersed.

Fill one with warm water and the other with slightly chilled water.

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

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

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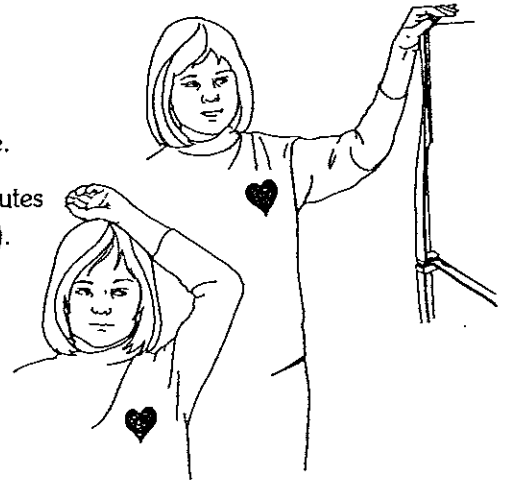


HAND CARE - 3

Edema Reduction (Elevation - Standing)

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

Hold for ____ minutes every ____ hour(s).



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HAND CARE - 7

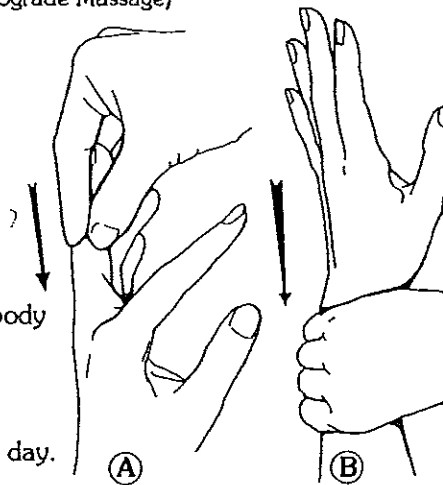
Edema Reduction (Retrograde Massage)

A. Enclose 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.



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HAND CARE - 6

Edema Reduction (Pumping Exercises)

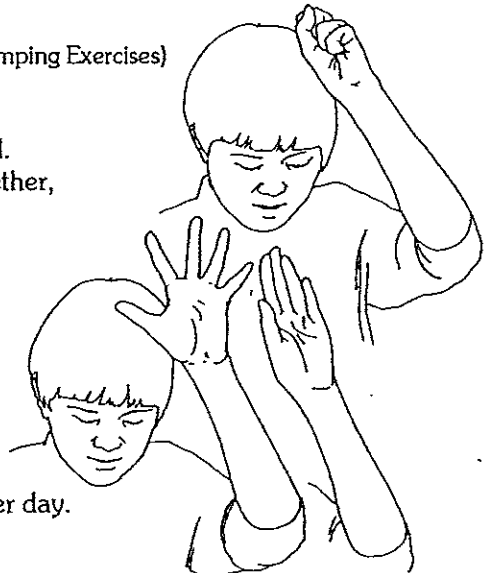
Hold hand overhead. Squeeze fingers together, making a fist.

Repeat ____ times.

Spread fingers apart then press together.

Repeat ____ times.

Do ____ sessions per day.



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