



Northumbria Healthcare
NHS Foundation Trust

Hand injuries

Issued by the walk-in services and minor injury units

This leaflet is to give you information about your hand injury.

Causes of hand problems

Hand problems can occur following injury or can be due to inflammation.

There is usually swelling following a hand or finger injury. This swelling should be reduced as soon as possible to prevent complications and help with pain relief. Following the advice in this leaflet should improve your symptoms.

Alternatives / options for treatment

Painkillers

Simple painkillers that can be bought at your local pharmacy can be helpful. Ask your pharmacist or GP for advice on which medication may be suitable for you. Painkillers need to be taken regularly at the stated intervals for them to benefit you.

Elevation

If you have been supplied with a sling use it when walking around. When sitting you can remove the sling and sit with your hand supported on pillows above your heart level.

Ice packs

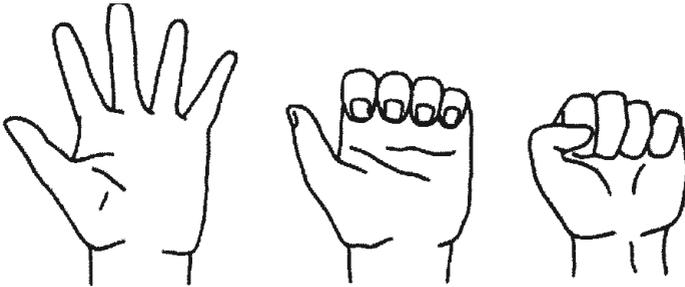
Ice packs help to reduce inflammation during early stages following an injury. It cools the area down and reduces swelling

- Protect your skin from ice burns with a damp flannel or cloth. Place your cold pack on top of the painful area and wrap the towel around to hold it in place. Never apply ice directly to the skin as this may result in an ice burn.
- Ice packs can be applied two to three times a day for 20 minutes, leaving two hours between applications.

By following this advice your symptoms should improve. If they do not improve you should seek advice from your GP or physiotherapist.

Exercises

The exercises in this leaflet are designed to help you improve your hand function following an injury.



- Slowly clench your fingers into a fist.
- Hold for ten seconds then straighten your fingers.
- You should do this for individual fingers.
- Spread your fingers apart then bring them back together.

You should repeat each exercise ten times regularly throughout the day.

Your symptoms should improve by following this advice. If they do not improve you should seek advice from your GP or physiotherapist.

Images kindly reproduced from www.ehs.concordia.ca/imgs
<http://ehs.concordia.ca/ih/ergonomics/shouldersarms.html>

Contact

Should you have any questions or queries please ring 0844 811 8111 and ask for one of the following:

A&E Reception, Wansbeck General Hospital
(Open from 8am to 10pm)

A&E Reception, North Tyneside General Hospital
(Open from 8am to Midnight)

A&E Reception, Hexham Children's Unit, Wansbeck
(Open from 8am to 10pm)

Alnwick Minor Injury Unit (Open 24hours)

Berwick Minor Injury Unit (Open 24 hours)

Blyth Minor Injury Unit (Open from 8am to 5pm, Monday to Friday)

You can call NHS 111 for urgent medical advice 24/7.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

PIN 224/V6

Review date: December 2021

© This material is the copyright of the Northumbria Healthcare NHS Foundation Trust