Hand Therapy Equipment to Purchase

This leaflet is for patients under the care of Hand Therapy at St George’s Hospital and whose therapist has recommended purchasing items for specific, on-going hand therapy rehabilitation. This leaflet does not include instructions on how to use the equipment, only on purchasing it. Your therapist will give you specific instructions on how to use the equipment separate to this leaflet.

Your therapist has suggested that you purchase equipment to aid your recovery. These orders can be made over the telephone or internet and can be posted directly to your home address.

You will need to call or look online in order to find out the price of any products.

**Mini scar massager**

The mini massager is useful for scar massage and reducing scar adherence post-surgery or injury. It is also beneficial if your scar is sensitive. Two models that patients have reported to be useful are:

- Wahl Flex rechargeable scar massager – rechargeable but larger than the other product.

**Therapeutic exercise putty**

Putty can be used to promote hand muscle strengthening and increase endurance in your hand after an injury. Putty allows specific movements to be practised with appropriate resistance.

There are four resistances - your therapist will advise you on which resistance colour is needed for your hand.

57g is sufficient for strengthening of your hand. Please remember to avoid any contact with materials such as fabric or paper as the putty will stick. Always leave it in a container when not in use and store out of direct sunlight. It lasts longer if kept in the refrigerator.

Colour of putty suggested: ________________________________
Theraband
Theraband can be used for upper limb strengthening and to increase endurance in your arm after an injury.

Generally there are four resistances – your therapist will advise you on which resistance colour is needed for your arm.

1m to 1.5m is sufficient for most exercises, unless otherwise specified by your therapist. Please remember to inspect the band for any tears and to use it only as instructed by your therapist.

Colour of Theraband suggested: ________________________________

Coban wrap
Coban wrap is used to decrease the swelling in your hand and/or finger. It can be re-used multiple times until it loses its stickiness or stretch. It comes in different widths, so ensure you order the one specified by your therapist (as circled below):

Width required: 2.5 cm / 5 cm

Comfifast or Tubigrip
Comfifast and Tubigrip are tubular bandages that can be used under a splint for comfort or to protect dressings on your hand/arm. They can be washed and re-used.

Comfifast comes in a variety of colour codes, but most commonly blue is recommended for use on the hand/forearm.

Tubigrip comes in a variety of sizes, so ensure you order the size specified by your therapist (as circled below):

Size suggested: Tubigrip: A / B / C / D / E  Comfifast: Green / Blue / Yellow

Other
Useful sources of information / suppliers:

1. Mediworld
   444-446 Streatham High road
   SW16 3PX
   Tel: 020 8764 1806
   www.mediworld.co.uk

2. Boots
   Tel: 0845 609 0055
   www.bootes.com

3. Amazon
   www.amazon.co.uk

4. Medisave
   Tel: 0800 804 6447
   www.medisave.co.uk

5. Performance Health
   Tel: 03448 730 035
   www.performancehealth.co.uk/

6. Promedics
   Tel: 01475 746400
   www.promedics.co.uk/

7. eBay
   www.ebay.co.uk

Contact us

If you have any questions or concerns about ordering this equipment, please talk to your therapist at your next appointment. If your concerns are more urgent, you can contact the hand therapy team on 020 8725 1038 (Monday to Friday, 8.30am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)
PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).
Tel: 020 8725 2453   Email: pals@stgeorges.nhs.uk

NHS Choices
NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.
Web: www.nhs.uk

NHS 111
You can call 111 when you need medical help fast but it’s not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.
Tel: 111
AccessAble
You can download accessibility guides for all of our services by searching ‘St George’s Hospital’ on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

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