

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:

Homecraft Scar Management Mini Massager – compact with interchangeable heads

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-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

Comfast or Tubigrip

Comfast 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.

Comfast 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 Comfast: 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.boots.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 Wing (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



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