

Hand Rehabilitation Group

This leaflet gives information for patients who have been invited to attend the hand rehabilitation group. We hope that it answers some of the questions you may have about the group. If you have any further questions, please call the hand therapy team using the number given at the end of the leaflet.

What is the hand rehabilitation group?

The hand rehabilitation group provides people with a more intensive rehabilitation programme after they have sustained a hand or wrist injury. The group is made up of a maximum of six group members, with two therapists who help facilitate the group. This is an opportunity for attendees to engage in a treatment-specific rehabilitation programme.

It is an add-on to boost your home programme, it does not replace your exercise programme at home.

When should I attend?

You will be given the opportunity to attend the group for a block of six weeks. Sessions take place on:

Mondays: 11am to 12.15pm (except bank holidays)

Thursdays: 1.30pm to 2.45pm

Ideally you should attend both weekly sessions, however you are welcome to attend just once a week if you cannot make it to both. If you are only able to attend once a week, please discuss with the therapist if this could be arranged. Sessions are held in the hand therapy department on the ground floor in Jenner Wing.

What happens during the sessions?

For the first hour you will follow an individualised programme that your therapist will have designed specifically for you based on your injury. This may include:

- Stretches
- Resistance exercises
- Range of movement exercises
- Gross motor activities
- Fine motor activities
- Functional activity (tasks aimed at meeting the demands of daily life).

Functional activities

Functional activities allow you to work on some of your treatment goals whilst performing a relevant task. For example, using a rolling pin within baking activities assists your range of movement by allowing you to use your wrist in a variety of positions. It also helps to build up strength in a variety of muscles and builds your tolerance for putting weight through the hand or wrist.

Functional activities can also be of benefit in the relearning or refining of your fine motor skills, as well as improving your endurance within tasks. Using both hands in tasks can also help you to detect differences in sensation, which can be particularly helpful if your injury has resulted in hypersensitivity or decreased sensitivity.

There are lots of examples of how different activities may benefit your rehabilitation. If you would like further examples, please feel free to discuss this within the group time or with your therapist.

What if I am late or cannot attend the session?

Your commitment to the group is essential to produce the best outcome for you. There are limited places, so it is expected that you attend every session.

We recommend still coming to a session if you are late, however you may not have sufficient time to complete all the exercises within your programme and this may influence your recovery.

If you cannot attend a session for any reason, please notify the team as soon as possible. If you do not let us know, we may need to offer your place in the group to someone else.

Two consecutive sessions missed without notification will result in you being discharged from the group, as we will assume that you no longer need to attend.

If you are no longer able to attend any sessions, please give both group therapists notice and ensure that you attend a follow-up appointment with your primary therapist.

Contact us

If you have any questions about your recovery, please feel free to discuss them with your therapist at your next appointment. For more urgent queries the team can be contacted on the **treatment enquiries** phone number listed below.

Your therapist's name is _____

Treatment enquiries: 020 8725 1038

Email: handtherapy@stgeorges.nhs.uk



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 advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times. The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

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 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.

