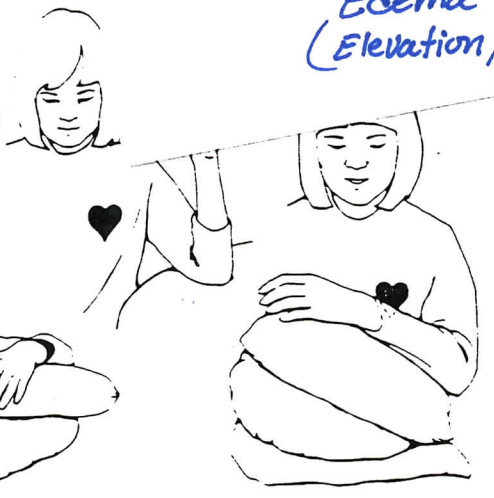


# Edema Reduction (Elevation/sitting)

Elevate hand  
above heart level.

Hold for \_\_\_\_ minutes  
every \_\_\_\_ hour(s).



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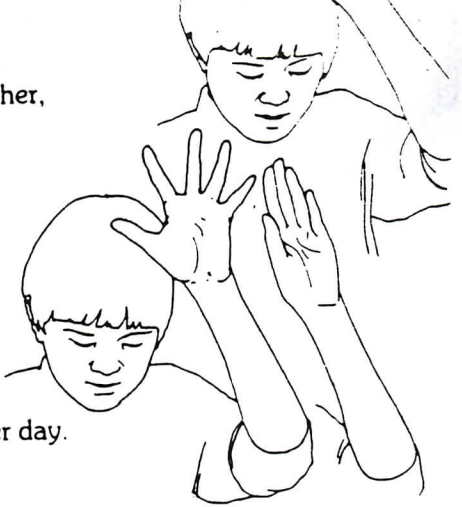
Hold hand overhead.  
Squeeze fingers together,  
making a fist.

Repeat \_\_\_\_ times.

Spread fingers apart  
then press together.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.



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## HAND CARE - 7

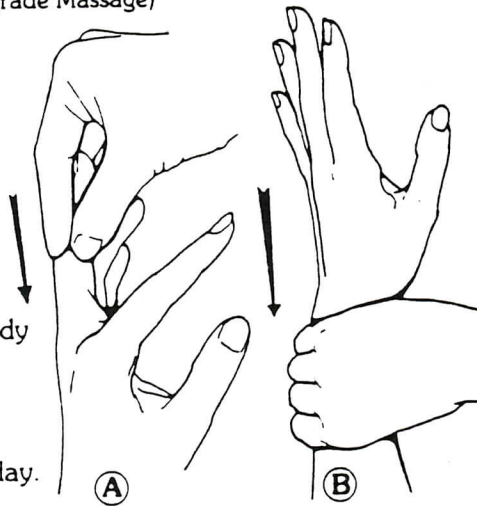
Edema Reduction (Retrograde Massage)

1. Enclose tip of finger  
with other hand and  
slide toward wrist.

3. For larger areas,  
massage toward the body  
in one direction only.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.



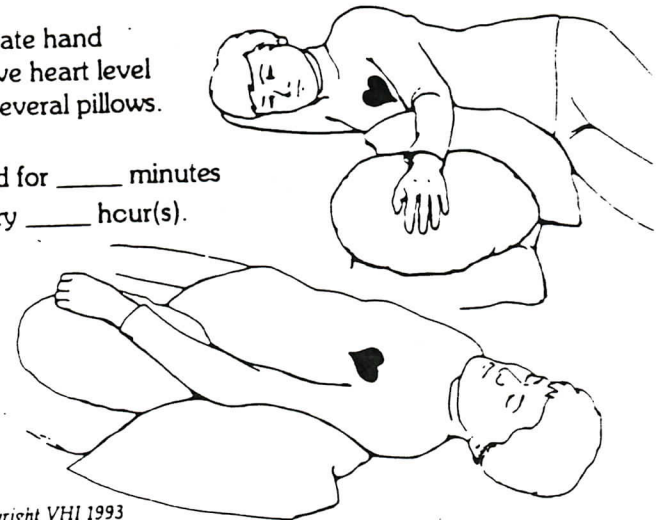
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## HAND CARE - 2

Edema Reduction (Elevation - Prone)

Elevate hand  
above heart level  
on several pillows.

Hold for \_\_\_\_ minutes  
every \_\_\_\_ hour(s).



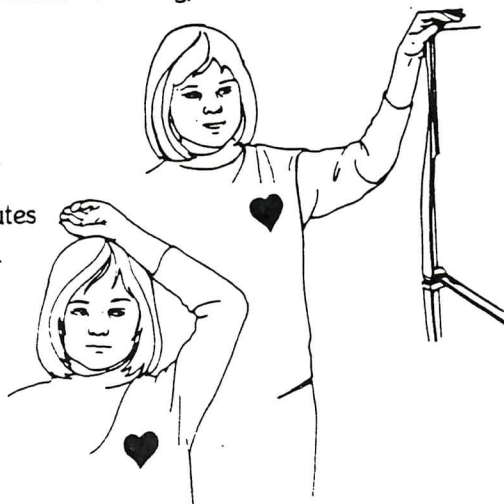
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## HAND CARE - 3

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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