

# “HAND TOWARDS THE SKY”

## (Proper elevation technique)

Proper elevation techniques are needed to help decrease swelling and inflammation that may occur after an injury or surgery. It is important to elevate because the less swelling you have, the less pain you will have, and the better your injured site will heal.

Proper elevation means the hand is placed above the level of the heart. The hand should also be higher than the elbow. Think of “water running downhill”.

When you are sent home from surgery you will be in a sling. The sling helps control your arm and keeps you from moving your shoulder, however it does not elevate you properly. When you are in a sling all of the swelling runs downstream into your elbow and your hand. When you are at home resting, try to come out of the sling in order to elevate your hand.

IF you were instructed to remain in the sling AT ALL TIMES, then gently come out of the sling in order to elevate your hand but **KEEP YOUR ELBOW TOUCHING THE SIDE OF YOUR BODY**. You can also tighten your sling so that your hand is higher than your heart while you are wearing it. The more you can elevate your hand, the better.

