

Positions for Upper Limb Swelling

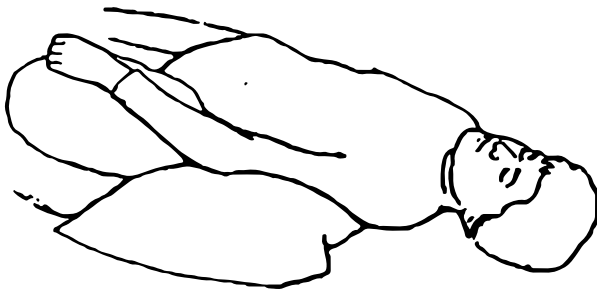
Instructions

- After an injury or surgery, swelling (edema) in the limbs (arms or legs) is common. This swelling can be painful, cause stiffness, and affect movement and your ability to do daily activities.
- One of the easiest ways to manage swelling is to elevate (raise) the swollen limb.
- The goal is to elevate the swollen limb slightly above the level of the heart. This helps the extra fluid move back towards the heart for circulation to the rest of the body.

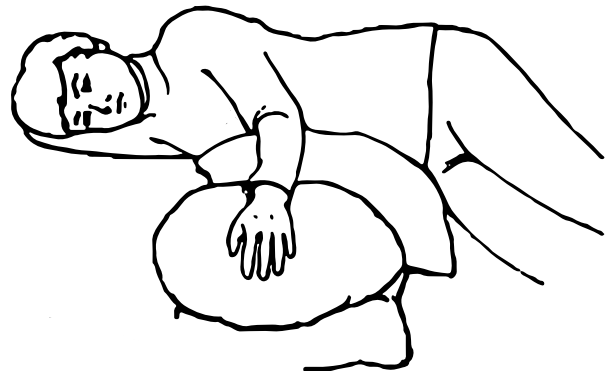
Positions in bed

- Do these for _____ minutes every _____ hour(s).

Lie down on your back, and elevate your affected arm on 1 to 2 pillows. If your hand is more swollen than the rest of your arm, elevate your hand on a larger pillow than the rest of your arm.



Lie down on your side. Relax your swollen arm on top of 2 pillows.



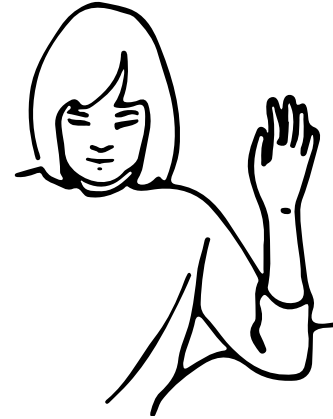
What are your questions? Please ask.

Therapist: _____

Phone: _____

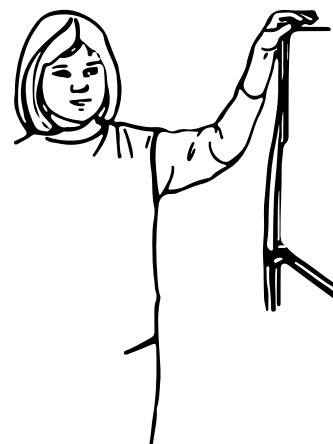
Position when sitting

- Elevate your hand above your heart using pillows or by holding your hand up in the air.
- Do this for ____ minutes every ____ hour(s).



Positions when standing

- Elevate your hand above your heart while standing or walking. You can do this by holding your hand above your heart, resting it gently on your head, or resting it on a piece of furniture while standing. **Do not use a sling** as this can further limit fluid movement.
- Do this for ____ minutes every ____ hour(s).



More tips to control swelling:

- Wear your pressure garments as prescribed.
- Follow specific body part position recommendations from your therapist.
- Exercise regularly as discussed with your physiotherapist.