

## Activities following hand surgery

As your hand gets better, you will gradually be able to do more with it.

Here are some ideas of different things you can do. Some are more difficult than others.

Your physiotherapist will tell you what things you can do.



## Light activities

- Using your mobile / telephone
- Putting on light clothes
- Handling money
- Using a remote control
- Easy zips & buttons
- Personal care such as washing
- Tying shoe laces
- Using a light switch
- Dusting
- Reading a newspaper or book
- Playing cards
- Typing
- Using a knife or fork but not cutting meat
- Picking up a small glass of water
- Shaving
- Combing your hair
- Writing



## Medium activities

- Sweeping up
- Easy jars & lids
- Hanging out washing
- Washing and wiping up
- Holding a pint of liquid
- Using scissors
- Using a towel
- Opening/closing door handles
- Opening a ring pull on a can of drink or tin of food
- Using a key to open a door
- Putting on your socks



## Heavy activities

- Cooking and lifting saucepans and kettles
- Using a knife to cut up meat
- Gardening
- Making a bed
- Lifting children
- Lifting boxes
- Hand washing and wringing out clothes
- Carrying shopping
- Ironing
- Driving
- Vacuuming
- Cleaning a car
- Decorating
- Sport (including golf, swimming, gym work, cycling, running, football)
- Unscrewing a **stiff** jar / lid



This leaflet should only be used by specific individuals following physiotherapy assessment.

If you have any concerns please approach your physiotherapist.

This leaflet was compiled by the Patient Information Leaflet Group, NHS Lothian Physiotherapy Services.

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A guide for patients