

# Activity list to guide your hand rehabilitation

## Patient information

To help you to recover from your injury or surgery on your hand, your hand therapist will give you advice about what activities you can and cannot do. As you recover and your injury heals, you will be able to gradually increase the amount of activities you can do.

Examples of daily activities and their classification (light, medium or heavy) are listed in the leaflet and you will be advised by your hand therapist on the level of daily activities you can perform following your injury or surgery. You should always follow your hand therapist's advice and if you need further information or advice, please do not hesitate to ask.



LIGHT	MEDIUM	HEAVY
<p><b>Personal</b></p> <ul style="list-style-type: none"> <li>Washing/shaving</li> <li>Putting on light clothes</li> <li>Fastening zips/buttons</li> <li>Using a knife/fork/spoon, but not cutting meat</li> <li>Combing hair</li> <li>Putting on socks</li> <li>Tying shoe laces</li> </ul> <p><b>Other activities</b></p> <ul style="list-style-type: none"> <li>Reading newspaper or book</li> <li>Playing cards</li> <li>Using the telephone</li> <li>Handling money</li> <li>Using remote control</li> <li>Writing and typing</li> <li>Dusting</li> <li>Switching on light switch</li> </ul>	<p><b>Domestic</b></p> <ul style="list-style-type: none"> <li>Sweeping up</li> <li>Unscrewing jars/tins</li> <li>Hanging washing out</li> <li>Washing up and wiping up</li> <li>Ring pull can opening</li> </ul> <p><b>Other activities</b></p> <ul style="list-style-type: none"> <li>Holding pint of liquid or cup of tea</li> <li>Using scissors</li> <li>Using towel</li> <li>Opening/closing door hand</li> <li>Using key to open door</li> <li>Driving</li> </ul>	<p><b>Manual work</b></p> <ul style="list-style-type: none"> <li>Hand washing and wringing out cloths</li> <li>Gardening</li> <li>Carrying shopping</li> <li>Ironing</li> <li>Cooking and lifting saucepans and kettles</li> <li>Making bed</li> <li>Vacuuuming</li> <li>Lifting children or heavy objects</li> <li>Cleaning car</li> <li>Decorating</li> </ul> <p><b>Sport – golf/swimming/gym/cycling/running/football</b></p>

### Who should I contact if I have any problems?

If you have any questions regarding your hand therapy please contact the hand therapy team on **01642 835595**.

Author: Hand Therapy Team