

# Occupational Therapy TOOLKIT

## Edema Control of the Arm

- Keep your arm elevated above the level of your heart as much as possible when sitting in a chair or sofa and when lying down.



- Apply a cold pack to your hand and arm. The temperature should not be cooler than 59° F / 15° C.

Apply cold pack for \_\_\_\_\_ minutes, \_\_\_\_\_ time(s) a day

- Lightly massage your hand and arm with lotion. Work from your fingers to your elbow to your shoulder.

Massage for \_\_\_\_\_ minutes, \_\_\_\_\_ time(s) a day

- Wear a light compression garment, an elastic glove for the hand or a stockinet on the arm. Wear the glove with the seams facing out.

Wear your glove/stockinet \_\_\_\_\_

- Actively move your arm up and down as you squeeze a soft ball.

