



# 7 TIPS TO HELP ELBOW, WRIST AND HAND PAIN WITHOUT TAKING PAINKILLERS

GUIDE BY CARL NEAL



# ABOUT THE AUTHOR

**CARL NEAL**

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**Carl is an experienced physiotherapist who founded Weymouth Physiotherapy in 2018.**

For close to a decade people have consulted with him, hoping to find answers on solving their problems caused by elbow and wrist problems. He has a passion to get people not only free from pain but also living the life how they want to live, without restrictions.

He honed his skills in the NHS where he saw a high volume of patients and now has crossed the boundary to work within the private sector. He wants to expand his reach and help ever higher number of patients who want to get better and in control of their symptoms.

In this special report, Carl shares with you 7 powerful tips that can help solve your elbow and / or wrist pain. He tells us that many times his patients have told him that they have been confused with the vast and often conflicting information that is out there. He hopes this gives you clarity.

Sometimes small changes can have a big effect. Whether you put one or two of these strategies in place or all of them we are sure they can help you. Many people who have back pain are fearful of losing their active life and these things can really help. You just have to decide what to start with.

# 7 TIPS TO HELP ELBOW AND WRIST PAIN

## 1. Move it.

It is important when we have pain in these areas that we don't get stiff. Stiff joints by their very nature become even more painful joints. Regularly moving and stretching will keep things more mobile and joints, tendons and ligaments will be happier. Aim to do stretches of some sort every few hours. For advice on how to best stretch then book an appointment with us.

## 2. Use natural pain relief

Don't underestimate the power of natural pain relief. By this I mean the use of hot water bottles, wheat bags, cold compresses, ice (wrapped in a towel), creams etc. Now this doesn't work for all but for many it can be a really efficient way of getting relief from pain

People often ask us whether they should ice or heat. In truth its whatever works for you. Historically we have always said ice for joints or swelling and heat for muscle but in reality they both work in a similar manner so if your joint feels better for warmth then go for it. Apply for 20 minutes as frequently as you feel the need to

## 3. Reduce the load

Our elbow, wrist and hand are used inherently in pretty much everything we do. Be it working, our hobbies, housework, feeding ourselves or simply carry the shopping. If there are things that you do that you know aggravate the problem then think of ways in which you could do it differently that might not so much. For example could you use an underhand grip when carrying things, bringing the height of your chair up.

This may help reduce the pressure on your tendons and joints and make pain more manageable. For further advice book in with us and we can problem solve your aggravating movements.

# 7 TIPS TO ELBOW AND WRIST PAIN

## 4. Consider doing some strength exercises

Strength training has a huge part to play in both foot and ankle problems. As the foot and ankle take so much of the load when we walk it is important our muscles and tendons can cope with it.

It is important to strengthen the calf muscles and the muscles either side of the foot. If you are stuck for ideas as to what exercises to do then book in and we can come up with a custom exercise plan for you.

## 5. Consider the use of braces / splints

Splints and braces can have a really good effect in elbo, wrist and hand problems as they frequently take some of the demand off our joints and tendons. Use them particuarly when doing things that you know aggravate it. If the splint you choose to use limits your movement then make sure you come out of the splint to stop it getting stiff.

## 6 . Pace yourself

Plan the things that you need to do and try not to do too many things that involve the affected body part in one go. Could you do things on different days or do they need to be done all at once. If you have a particuarly big job to do think about if there is any way that you could break it up in to smaller chunks. Try to avoid the boom bust cycle where you do a lot on one day but then suffer for many days afterwards.

# 7 TIPS TO HELP ELBOW AND WRIST PAIN

## 7. Come and see us

Nothing beats coming in to see us at Weymouth Physiotherapy. We can listen to your story, and then assess you to work out the exact root cause of the problem. We will then come up with a customised treatment plan to get your pain under control. You will be presented with options as to what your care looks like be it interventions within the clinic or things that you need to work on at home.

### Conclusion

These tips will hopefully enable you to better manage your elbow, wrist or hand problem. You may not be able to put them all in to place right away however even if you put one or two in to action you will hopefully see some effects. For some this may be small, for others it may be a much larger effect.

If you need some guidance on how to put them in to action and to get fully back in control of your pain then please do not hesitate to contact us. We offer free telephone consultations where we discuss your condition and can talk about ways in which we could help. This gives you an opportunity as well to ask any questions.

Alternatively, we also offer free taster sessions. This is similar to the telephone consultations only you are able to come down to the clinic and discuss things in person. Please note however this is not treatment it is just an opportunity to discuss any concerns you have. You can apply for this on the website or just send us an email.

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