

Activity list

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 activities

• using the telephone	• reading a newspaper or a book
• putting on light clothes	• playing cards
• handling money	• typing
• using a remote control	• using a knife/fork/spoon, but not cutting meat
• fastening zips and buttons	• picking up a small glass of water
• personal care, such as washing	• shaving
• tying shoe laces	• combing your hair
• using a light switch	• putting on your socks
• dusting	• writing

Medium activities

• sweeping up	• using scissors
• unscrewing jars/lids	• using a towel
• hanging out washing	• opening/closing door handles
• washing and wiping up	• opening a ring pull on a can of drink or food
• holding a pint of liquid	• using a key to open a door

Heavy activities

• sport (including golf, swimming, gym work, cycling, running, football)	• hand washing and wringing out cloths
• cooking and lifting saucepans and kettles	• carrying shopping
• using a knife to cut up meat	• ironing
• gardening	• driving
• making a bed	• vacuuming
• lifting children	• cleaning a car
• lifting boxes	• decorating

Contact us

If you have any questions or concerns, please contact the **hand therapy department** on **020 7188 4172** Monday to Friday 8am to 5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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