

Did you know?

Pregnancy leads to significant hormonal changes in your body, both during and after the birth of your baby.

Progesterone levels rise dramatically, resulting in the loosening of ligaments throughout your body, which can impact the small joints in your hands.

Additionally, increased fluid retention can lead to swelling around the joints. As a result, new mothers may be more susceptible to conditions.

 **CALL US**
1300 762 227

Providing Hand & Upper Limb Therapy across Victoria.

CONTACT ACTION REHAB

 **1300 762 227**

 aradmin@actionrehab.com.au

 urgentcare@actionrehab.com.au

 Clinics located throughout VIC

 www.actionrehab.com.au



Pregnancy & Your Hand

WANT TO LEARN MORE?

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Common Conditions

Carpal Tunnel Syndrome

Increased swelling causing compression of a nerve in your wrist that results in numbness, pins and needles & hand weakness.

Can be successfully treated and resolved following the birth of your baby.

De Quervain's Tenosynovitis

Inflammation of the tendon sheath in your wrist that causes burning pain with movement of the thumb and wrist.

Pain usually starts pre-birth and without treatment worsens throughout the following year.

Trigger Finger/Thumb

Thickening of a tendon that causes it to 'catch' when bending & straightening your finger/ thumb.

If caught early, this can be treated simply with a small splint.

We Provide

- ✔ Custom thermoplastic orthoses
- ✔ Massage & stretching
- ✔ Strengthening
- ✔ Nerve & tendon glide exercises
- ✔ Education
- ✔ Swelling control
- ✔ Nerve desensitisation
- ✔ Modification of daily activities



Once your baby is born



We are here to assess, splint, strengthen, & rehabilitate injuries, helping our patients get back to what they love.

After welcoming your new baby, you'll find yourself using your hands in various new ways. Repetitive activities like lifting and breastfeeding can lead to pain and inflammation in your wrists and tendons.

Our therapists offer effective prevention strategies and urgent same-day appointments. We also have access to a broad group of surgeons if required.