

## Advice for mums with wrist tendonitis

Having a baby creates a sudden increase in new, repetitive and sustained actions of your hands and wrists. It is common to develop tendon sprains and inflammation at this time. A lot of daily activity may increase your pain, for example:

Carrying groceries · washing clothes · carrying your baby in a front position · holding your baby for bathing · holding for dressing and nappy changing · breast feeding positioning and holding · picking up your baby · getting your baby in and out of car seat · providing support while your baby is learning to sit and stand.

### Helpful Hints for baby tasks

- Use a bath support
- When breast or bottle feeding use pillows to support you and your baby
- Avoid bending forwards when feeding or holding, stay upright and keep your shoulders back. Use pillows to help raise your baby higher against your body.
- Breastfeed in bed or in a side lying position with arms relaxed
- Carry baby in a sling or pack wherever possible or use a pram
- Use the cot at bassinet level while your baby is less mobile
- When holding or carrying your baby try to use your hand to support the baby's head while keeping your wrist in a relaxed neutral position
- Avoid clothing with a lot of snaps, zips are easier
- Take advantage of tummy time to interact with your baby, you can bond without holding them
- Avoid static postures, change position during feeds etc
- Push the pram with hands to the side and thumb resting on top (rather than gripping with thumbs underneath)



Carrying in a sling or pack reduces the load on your wrists.

### For any activity that is painful

- Enlist help if possible!
- Wear your splint
- Try to keep your wrist in a more neutral position, avoid too much bending during activity
- Try to minimise the number of times you need to do the activity, take a break in between if you can



Modified cradle position. Keep wrist straight and supported.

### Helpful hints for general activities

- Hold things with your whole hand when possible, keeping your thumb relaxed against your index finger instead of pinching or lifting with your thumb
- Take the weight of things on your forearm instead of your hand or wrist (capsule, baby, bags)
- Keep your wrists in a neutral position
- Place the kettle in the sink to fill it
- Activate your back muscles when holding, lifting and carrying to take the load off your wrists. Ask your hand therapist for exercises to help with this.
- Use the food processor to chop vegetables etc, use an electric can opener
- Try to do some regular stretches for your neck, back and shoulders