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# Return of hand function and independence

## Overview

Independence and return to usual occupations relies on integrating the hand and body after a hand burn injury.

Clients need to use their hands in daily activities. Tasks may start small, such as eating and drinking. Therapy intervention should be graded throughout the recovery process, and tailored to individual needs.

## Sensation

Hypersensitivity and reduced tolerance to tactile stimulation can be problematic post hand burn injury. Encourage movement, activities and touch to gradually increase tactile tolerance.

Examples of tactile stimulation include;

- Manipulating a range of different textures and surfaces (towels, sheets, hard surfaces, etc)
- Self-touch over the scar with differing pressures and movements (tapping, stroking, massage)
- Exposing the hand/finger tips to difference pressures (hard, soft, rough, smooth)

## Note

Neuropathic pain, itch or tactile issues **may** require medication. These are generally commenced at VABS. People are then linked in with their GPs, for ongoing management and weaning.

If clients continue to have increased or heightened tactile sensory issues, please ensure they are linked in with their GP for ongoing support.

### Contact Details

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