HINDMARSH
PHYSIOTHERAPY AND
SPORTS INJURY CLINIC

281 Port Rd Hindmarsh
Ph 8346 2000

PREVENTING PAIN FROM KNITTING

THERES NO NEED NOT TO KNIT!



We see many people with painful hands even though they haven't had an injury. Particularly among our female patients, hobbies such as knitting, crochet or sewing causes pain and sometimes people reluctantly give up a favourite pastime.

WHAT ARE THE COMMON CAUSES OF HAND PAIN

There are multiple reasons for pain when knitting. It may be due to fatigue in the hands and arms; bad habits that have developed to help with tricky stitches; repetitive movements or holding a position for a long time; tension of the yarn, or from holding the needles too tightly.

Some people have underlying arthritis in some joints which can be flared up by prolonged knitting, crochet or other needle work.

FATIGUE REPETITION AND POSTURE

Fatigue, repetition and posture. Doing any task for a long period of time will cause fatigue and pain. This pain is often felt through the hands and forearm, and may also affect your neck, back and shoulders.

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It is important to take regular short breaks, at least every 10 or 15 minutes, to relax and rest the muscles for a couple of minutes. Get up, and move your neck, shoulders, arms and hands around. Stretch gently.

This will give your muscles some relief so that they can keep doing their job. Consider where you sit and how you sit – do you have good light, back support, and arm support? Consider a cushion on the lap or arm rests to reduce workload.

BAD HABITS OR TECHNIQUE

Bad habits or technique. Sometimes when knitting, you may find yourself cheating a little bit - eg 'tip tapping' by pushing the tip of the needing to prevent yarn falling off when pulling it through the existing stitch. When done repeatedly this leads to painful fingertips.

If you need to use a thimble, consider changing your technique. Excessive circular wrist movements can cause pain; if this applies to you, look at the movement you make when wrapping the yarn; relax the wrists and try to shorten the movement so that the fingers do more work, and the forearms/wrists do less. You may find that changing equipment can help, such as circular needles to reduce the load on your wrists and arms.

Try talking to other experienced knitters to refine your technique and ditch the bad habits.



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UNDERLYING CONDITIONS



Carpal tunnel syndrome, arthritis, trigger finger and tendonitis can all be aggravated by knitting. Thers more info here in our website blog : hindmarshphysio.com.au/blog/getting-a-grip-on-carpal-tunnel-syndrome

If you find that there is a recurring problem in the wrists or hands, talk to us to find out what the condition is and how to take care of it. It can be as simple as wearing an appropriate and customised splint or brace, exercises to make your hands more resilient, or techniques to compensate and bring you relief.

Remember that you don't have to give up hobbies that you love just because you're experiencing pain. Your physiotherapists are ready to help.



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THUMB CONDITIONS

Thumbs can cause considerable discomfort with knitting.
Thumb pain has multiple causes, including the overuse of the thumb joint, constant repetitive actions of the joint, tendinitis, injury to the joint, osteoarthritis, carpal tunnel syndrome or rheumatoid arthritis. Such pain can also cause a loss of gripping ability.

Some of the most common issues being:
Arthritis
Dequervains Tendinosis
Trigger Thumb
Past Injury
Text Thumb!!

Our Blog **Thumbs Up** can provide more details on these conditions

PHYSIOTHERAPY TREATMENT

There are a variety of options for hand and thumb pain treatment.
Typical conservative treatment options focus on reducing local joint inflammation and can include oral anti-inflammatory medication, wax baths, topical anti-inflammatory creams, and even injections.



Physiotherapy utilising local joint and soft tissue mobilising techniques in conjunction with the right exercises for strengthening or stretching, can help considerably in the management and recovery from hand pain.

Wax therapy, therapeutic ultrasound, dry needling, splinting, ice, strapping and management strategies are all part of a comprehensive treatment approach.

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GET SOME PHYSIO HELP

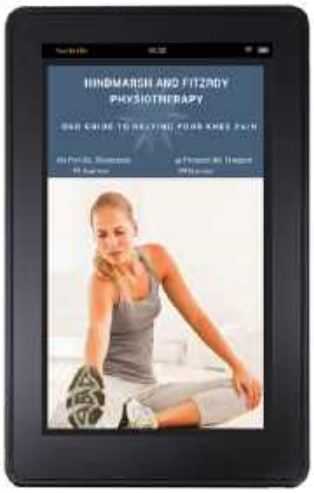
Our Caring and experienced Physiotherapists have the skills to correctly assess your problem and provide safe and effective treatment. Its is very tempting to think that its nothing and it will go away on its own, but early treatment can be the key to a quicker resolution if youre suffering with persistent pain.

If you are in the Adelaide area, you can book an assessment with one of our experienced physiotherapists in Hindmarsh by calling our Physiotherapy clinic on 83462000 . Let us help you to move better and feel better.

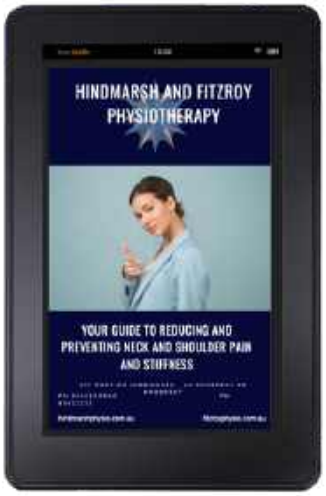
As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way.



MANAGING BACK PAIN



MANAGING KNEE PAIN



MANAGING NECK PAIN

To access our free patient E-book Resource just click the images above

You can call us on 83462000 at Hindmarsh or CONTACT US ONLINE HERE if you would like an appointment

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