



## Expected swollen ankles while I was pregnant but swollen hands?

It's true. Many pregnant women complain of their hands swelling at night. This is due to water retention and hormonal changes that can lead to nerve compression at your wrists. Typically, symptoms arise in the third trimester and resolve within two weeks after your delivery.

### **"Is there anything I can do to help relieve this numbness?"**

A physician's referral for one treatment visit to a Certified Hand Therapist is all that's needed. The hand therapist fits you with a splint, worn only at night. Although it's tempting to purchase an off-the-shelf drug store splint, these items may actually increase the severity of your symptoms. A hand therapist teaches you specific exercises called "tendon gliding" and soft tissue massage to help relieve your symptoms.

Please contact your physician for a referral to Hand Therapy.

### **Certified Hand Therapy services are provided at:**

Chesterfield  
14561 North Outer 40  
Chesterfield, MO 63017  
Phone: 314-881-4200

Crestwood  
10024 Watson Rd.  
St. Louis, MO 63126  
Phone: 314-965-7171



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