

Baby Handling Positions

Hold the baby in such a way that the wrist is in straight position when feeding the baby

- **ADL's:**

When twisting bottle caps keep wrist in straight position

- **Splints:**

Your therapist may give you a hard



splint to keep wrist in neutral position. You may also be given a soft splint to maintain proper position of the wrist.



- **Iontophoresis:**

Helps reduce inflammation and assists in management of CTS and Dequervain's Symptoms. We can provide patients with a slow release patch that releases the medicine dexamethasone for a period of 24 hours.



Enjoy time with your baby and not on pain.

Saba Kamal has over 18+ years of experience as a clinician. She has worked as an Occupational Therapist and a Certified Hand Therapist. In addition, she did her Fellowship in Hand Therapy from Texas Woman's University, in Houston with Baylor alliance.

o She has presented several talks at Local and National level conferences (ASHT: American Society of Hand Therapists and IFSHT: International Federation of Societies of Hand Therapists).

o She has contributed to a book on Arthritis, presented to support groups etc.

o She was the President of the California Chapter of ASHT & has won the best chapter award for her term in 2010 & 2011.

o She is a partner/principal in Advanced Rehab Seminars & provides continuing education seminars to other hand & upper extremity therapists nationwide.

Hands-on-Care

499 Blossom Hill Rd,

San Jose, Ca 95123

Phone: 408-268-8536 Fax: 408-268-8727

2242 Camden Ave, Ste 201

San Jose, CA 95124

Tel: 408-884-8361 Fax: 408-884-8359

Www.HandsOnCareTherapy.com

Hands-On-Care
Presents

Hands-on-Care



Specializing in Shoulder, Elbow, Wrist and Hand Therapy

Baby Handling



www.HandsOnCareTherapy.com

Proper Baby handling positions

- ***Holding:***

Keep wrist straight (neutral) position

Avoid bending the wrist i.e.. Flexing or Ulnar Deviation

Avoid



Do



Use pillows under the baby when sitting , especially when holding the baby



- ***Lifting:***

Avoid twisting your hands from side to side (ulnar deviation to radial deviation) when lifting the baby.



Avoid



Do



Try to keep your wrist in straight t position. Make sure you bend your knees when bending down to lift the baby.

Try lifting the baby by wrapping one arm around the baby's body and one underneath his or her bottom. Practice with a baby doll until you are comfortable.



- ***Strollers:***

Check the position of your wrist or your stroller handles. You may need to adapt your grip to keep the wrist in neutral position.



Buy Stroller with an extended handle

- ***Carrying the Baby:***

Use front packs or back packs when possible. Watch the position or your wrists – keeping them straight (neutral position). Use both arms when possible to support the baby rather than rely on one.

Avoid



Do



- ***Bathing the baby:***

When the baby is able to sit independently, you can consider the use of a bath tub ring to help support the baby during bathing.



Check with manufacturer for age and safety considerations.

- ***Feeding the baby:***

Use curved bottles to feed the baby so that it assists in keeping the wrist straight.