



CAPTA NEWS

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Capitol Physical Therapy-Charlotte
616 Meijer Drive
Charlotte, MI 48813
517-543-3459
517-543-3643 Fax
Jim Fradette, PT

Capitol Physical Therapy-Delta
701 Snow Road, Suite A
Lansing, MI 48917
517-323-0593
517-323-0002 Fax
Andy May, PT
Kathy Gorton, OTR, CHT

Capitol Physical Therapy-Dewitt
12800 Escanaba Drive, Suite 3
Dewitt, MI 48820
517-669-7228
517-669-5759 Fax
Kristen Finos, PT, DPT

Capitol Physical Therapy-East Lansing
830 West Lake Lansing Road
Suite 250
East Lansing, MI 48823
517-333-8533
517-333-8539 Fax
Lou Finos, PT
Kathy Gorton, OTR, CHT
Sharalee Boda, OTR, CHT

Capitol Physical Therapy-Lansing
1540 Lake Lansing Road, Ste G-01
Lansing, MI 48912
517-913-3949
517-913-3950 Fax
Kristen Finos, PT, DPT
Nichole Doorn, PT, DPT

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Holiday Hand Safety 101: Hand Surgeons Offer Tips for a Safe Carving Season

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Every year during Thanksgiving, and throughout the holiday season, people sustain hand injuries while preparing their holiday feast. From cutting open pumpkins to carving the mouthwatering centerpiece, hand injuries are all too common. Fortunately, these injuries are avoidable.

According to Reid Abrams, MD, a member of the American Society for Surgery of the Hand, holiday hand injuries are not exclusively linked to carving turkeys, hams, and roasts. "Many hand injuries also occur during post-meal clean-up," says Abrams. "Care needs to be taken when washing dishes—particularly soap-covered, slippery glasses. I've also treated many tendon and nerve injuries that were caused by crystal breaking while washing glasses by hand."

Follow these easy tips and get your bird on the table in time so guests can start gobbling:

Never cut towards yourself. While carving a turkey your free hand should be placed opposite the side you are carving towards. Don't place your hand underneath the blade to catch the slice of meat.

Good lighting will help prevent an accidental cut of the finger and making sure your cutting surface is dry will prevent ingredients from slipping while chopping.

Keep your knife handles dry. A wet handle can prove slippery and cause your hand to slip down onto the blade resulting in a nasty cut.

Keep all cutting utensils sharp. A sharp knife will never need to be forced to cut, chop, carve or slice. A knife too dull to cut properly is still sharp enough to cause an injury.

Use an electric knife to ease the carving of the turkey or ham.

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