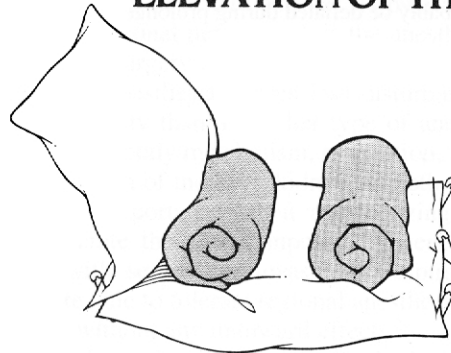


GRABOW HAND TO SHOULDER CENTER

702.433.9533

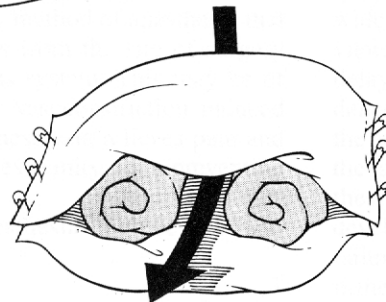
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ELEVATION OF THE HAND



To maintain elevation of the hand while sleeping, use two standard sized pillows, six or eight large safety pins, and two rolled up bath towels.

The forearm is placed between the bath towels inside the two pillows.



You will be able to sleep on your back or on your side, hugging the pillows.



Elevation of the hand and wrist is an important part of the pain control process.

The key to effective elevation is to have the effected area at or above the level of the heart.

Your heart is located in the center of your chest at the level of your nipples.

If this elevation pillow design does not work for you please inform Dr.Grabow.