

Patient information factsheet

Retrograde massage

We have written this factsheet to give you information about what retrograde massage is and how to do it. We hope it will answer some of the questions you may have, but if there is anything you don't understand, a member of your healthcare team will be happy to explain further.

What is retrograde massage?

You can use retrograde massage to reduce swelling that has collected as a result of injury. You can gradually reduce swelling by massaging from your fingertips in the direction of your wrist and forearm.

Treatment

- Start with your affected hand positioned above heart level.
- Apply an unperfumed cream to the swollen part of your hand.
- Starting at the tips of your fingers, massage upwards towards your knuckles and onto your wrist, massaging all areas of your fingers and hand.
- Continue massaging upwards onto your forearm.

Repeat _____ times a day.

Important advice

- Always have your limb positioned above heart level.
- Always use cream to prevent damage to the skin.
- Always massage towards the wrist and elbow.

Therapist: _____ Date: _____

Contact us

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If you need a translation of this document, an interpreter or a version in large print, Braille or audio, please call 023 8120 4688 for help.