

Hand therapy webinar to learn more about the hand conditions that can occur during pregnancy and commonly affect new parents.

It's not unusual for new parents to develop hand pain due to the additional load that a new baby has on the muscles in your wrist and thumb. You may have heard of it referred to as 'Mummy Hands' or 'Dad's Thumb'? If you're currently pregnant or have been pregnant before, there's a chance that you have experienced symptoms of Carpal Tunnel Syndrome such as tingling, pins and needles, and numbness of one or both of your hands.

Our **FREE** information webinar aims to provide a better understanding of commonly experienced hand and wrist conditions that can occur during pregnancy and early parenthood and to help you identify the signs and symptoms of these conditions.



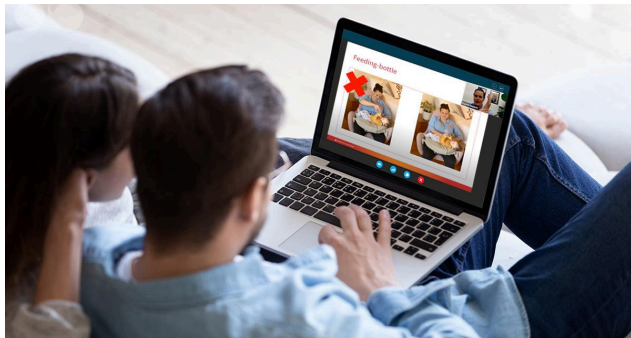
### Our Hand Conditions that Affect New Parents webinar

Connect with our expert hand therapists as they share information designed to help prevent or manage common hand conditions associated with pregnancy and early parenthood.

The webinar is hosted by our experienced hand therapists and covers:

- What is Carpal Tunnel Syndrome and why does it occur with pregnancy?
- What is de Quervain's tenosynovitis and why do new parents get it?
- Management of symptoms, including activity modification and exercises
- Understanding the different types of splints, braces and supports that are available
- Prevention and management of conditions
- An interactive Q&A with our hand therapists

The webinar is free and presented over Zoom by our experienced hand therapists.



### If you are new to webinars how does it work?

Webinars (web seminars) are video lectures hosted online. Once you have registered for the webinar you will be sent a link for the event. Here are the answers to some commonly asked questions:

- You do not need to download any special apps or software.
- Our webinar is run on *Zoom*.
- You can watch on a computer, tablet or smartphone.
- You do not need to be on camera for the webinar.
- The webinar is not recorded for the public.
- Webinar notes are available after the event.
- The event includes an interactive Q&A section.
- The webinar runs for about 40 minutes in total.

### Register for a free webinar

To register for a free webinar:

<https://melbournehand.com.au/about-us/hand-therapy-webinars/>

For more information, call us directly on **03 9458 5166**

Email: [info@melbournehand.com.au](mailto:info@melbournehand.com.au)

Visit our website at [www.melbournehand.com.au](http://www.melbournehand.com.au)

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