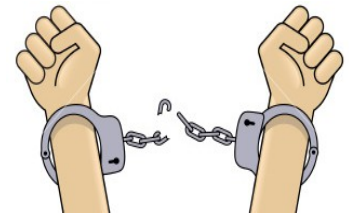


CHICAGO ACTION MEDICAL

presents

HANDCUFF INJURIES

and what to do about them



Congratulations on getting out of jail! Before you head back to the streets we want to talk about **handcuff injuries**, the most common injuries people get when they are arrested.

Handcuff injuries happen when zip tie cuffs are put on too tight. After you were arrested, you may have started to feel **pain, tingling, or numbness** in your hands, wrists, and arms, and those feelings may be continuing now.

All of these are signs of **nerve damage**. Nerve damage happens when a nerve is pinched or when blood flow gets cut off for an extended period of time.

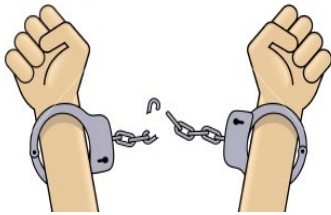
Here are some things you can do to help your body recover from a handcuff injury:

- Clean any **cuts** or **scrapes** with soap and warm water
- **Massage** and **stretch** your arms and hands and wrists
- If you are in pain, massage with **St. Johns Wort oil** (which you can get at places like Whole Foods) 3 times a day until all symptoms go away
- Eat your **fruits** and **veggies** and try to get good meals three times a day
- **Drink water!** Keep a bottle of water on you all the time and remind yourself to drink

You may want to **document your injuries** for legal purposes. Go to a well-lit area and take many pictures of your hands, arms, cuts, and scrapes, along with any other injuries, and talk to the **National Lawyers Guild: 312-913-0039**

Nerve tissue will regrow at a rate of approximately 1 inch (2 cm) per month. **If you have no feeling whatsoever in any part of your hands, wrists, or arms, see a doctor immediately.**

Please direct all questions, comments, and porcupines to:
chicagoactionmedical@riseup.net.

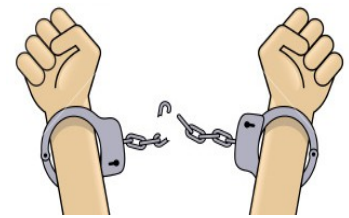


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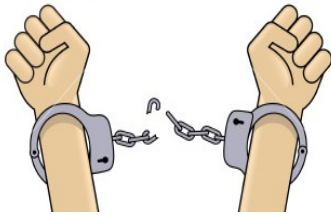
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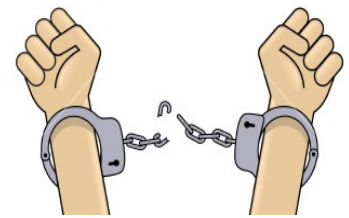


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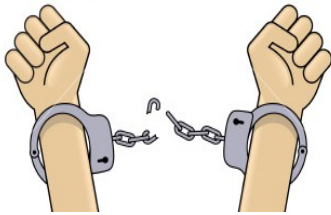
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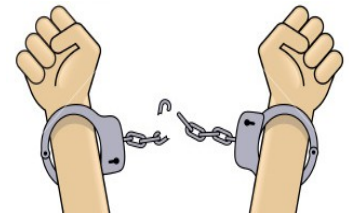


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