

Team Technotes

Reference: Handcare

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HANDCARE • by Tim Lyons

When the gymnasts palms become lumpy and hard of callous, or they continually rip, it is time to “shave” your hands or “sand them down”. This is a common practice that has been utilized in gymnastics for years.

1. Soak your hands in hot water until they become wrinkly and prune-like. (approximately 20 mins.)
2. Take a normal razor, such as a “Bic” or “Atra”, and shave the palm of your hand as if it were a bar of soap. There should be callous on your palms, but it should be flat and smooth. Keep your fingers together and push against the sink in order to make the skin on the palm tight. Parents please instruct your children. It is very easy for you to go too deep with the razor, so just apply very light pressure, remembering that some callous should be left on the palm. If the hands are soaked long enough, the skin almost scrapes off with a finger nail, which makes it less dangerous and much easier with the razor.
3. In some cases just use a pumice stone, (CVS-Dr. Scholl’s), run it under water and “sand” the palm of your hand until smooth. There should be no rough edges left on the palm. Sometimes this is the only step that is needed.
4. Let hands dry and apply hand cream with “aloe” or “vitamin E” in it. It should be common practice for gymnasts to apply hand cream after every practice. Your hands are your most valuable tools. Look for hand cream that doesn’t have alcohol in it.

Rips

If your hands rip, the first thing to do is stop swinging bars, and wash your hands. After your hands dry, cut away ripped skin with a fingernail cutter, apply “Neosporin” (make sure its Neosporin and not a generic) to the rip. Put a small piece of gauze pad over that, (a piece of bandaid center is fine), and then finish with athletic tape. See coach for proper application of tape in order to continue training. After workout, wash hands and apply neosporin with a band-aid and tape to keep the rip moist. At bedtime, remove the bandage, rub small amount of Neosporin and let the air get at it. In the morning, rebandage the rip the same way with the neosporin and tape. Follow this procedure for about four days. You need to create new callous, so begin slowly leaving the rip uncovered after the four day period, in practice, and put chalk on and spin your hand on the bar occasionally. “Grips” can be purchased at the office. Some of the kids complain that they can’t do bars with them on, but you should allow yourself some time to get used to them, and also time for them to break-in. After that, you won’t be able to work-out without them.

Gym bag and contents: A must for every gymnast.

Girls

1. Sock tops or wrist bands
2. Grips
3. Band-aids
4. Neosporin
5. Small scissors
6. 1.5” athletic tape-sold at office
- A Pumice stone
8. Hand cream with aloe/E
9. Box of 1” square gauze
10. Floor music-optional competitors

Boys

1. Sock tops or wrist bands
2. Highbar & ring grips
3. Band-aids
4. Neosporin
5. Small scissors
6. 1 .5” athletic tape
7. Pumice stone
8. Hand cream with aloe/E
9. Box of 1 “square gauze
10. Sweat shirt & sweat pants