**Hand Care**

Hand care can be a boring and tedious thing – or an often overlooked thing! BUT…when you rip a callous – especially close to a meet – it is a problem!!! The most efficient method that I have found to promote new callous growth is simple but rather painful. It is also an excellent way to promote callous health when your hands are simply "hot".

1. Immediately wash your hands thoroughly. The germs on a barbell are many!!!

2. Remove the torn callous; trimming as closely to the edge of the wound as comfortably possible.

3. Smooth the edges of the wound with a pumice stone (you may need to wait a few days if the rip is bad). These are available as foot callous scrappers at all drug stores in the foot care aisle.

4. Soak your torn callous in a bowl of water super-saturated with salt several times a day for at least 10 minutes. THIS BURNS!!

Initially this may be quite painful. How painful will depend on the depth of the rip. If it is a very deep "bloody" rip, you are in for an interesting experience. It is necessary however as you need to encourage the growth of callous immediately, rather than new soft pink skin that will simply re-tear right away anyway. Unless the blister is unusually deep, in one to two days it should be mostly healed - compared to the 5-7 days needed for conventional treatments.
5. Use just enough medicated Chapstick to prevent drying to such an extent that the rip
    cracks. Do not use Neosporin or something similar; the use of these types of products
    will promote the growth of new skin rather than a protective sheath of callous.

6. Try to keep it clean and let the air get at it. You can use Liquid bandaid or NuSkin as
    a protective barrier.

7. Don’t use hand lotion on a ripped callous.

8. If you must workout again, after ripping do not cover the rip with the sticky side of
    the tape. Instead lay a small piece of tape sticky-side up over the rip so it comes in
    contact with the tape you are using to protect your hand.

9. Make a stirrup strap with moleskin and cut a slit to put your finger through. Place the
    sticky side up and the soft mole skin on your skin. Anchor this with athletic tape
    around your hand or wrist.

10. On days when you have particularly hard workouts with bars and your hands are hot
    and throbbing it is a good idea to soak them in cool water or hold ice cubes in your
    hands until they melt. This will help the inflamed tissues to cool off. Just before a
    competition you can deaden the pain of a rip by keeping an ice pack on it, or soaking
    the hands in a slush bath of ice water for ten minutes. This will help keep your
    concentration on the routine instead of the pain of the rip.