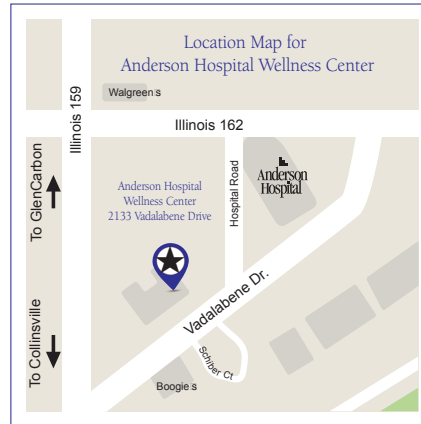


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 **Anderson Hospital**

Certified
Hand Therapy



WHAT IS HAND THERAPY?

Hand therapy is the discipline that addresses injuries and conditions of the hand, wrist, elbow, and shoulder.

Certified hand therapists (CHT) are either occupational or physical therapists who have specialized training in treating upper extremity conditions through advanced study. The medical profession recognizes CHTs as the experts for upper extremity rehabilitation.

Hand therapists work closely with physicians and clients to provide a continuum of care. Treatment often begins within days of the injury or surgery and continues until the client has returned to work and/or a productive lifestyle.

CONDITIONS TREATED

Hand therapists are specialized in treating upper extremity conditions including:

- **Traumatic injuries**
- **Fractures and dislocations**
- **Sports injuries**
- **Tennis elbow and other types of tendonitis**
- **Carpal tunnel, cubital tunnel, thoracic outlet syndrome, and other nerve entrapment disorders**
- **Repetitive motion syndromes**
- **Amputations**
- **Burns and frostbite**
- **Arthritis**
- **Tendon and nerve injuries**
- **Dupuytren's contracture**
- **Complex regional pain syndrome / RSD**

EVALUATIONS & TREATMENT

Following a thorough evaluation, an individualized treatment plan will be developed for each client and may include:

- **Wound care**
- **Range of motion and strengthening exercises**
- **Control of swelling**
- **Moist heat and cold therapy**
- **Neuromuscular re-education**
- **Ultrasound, iontophoresis, and electrical stimulation**
- **Scar and soft tissue massage**
- **Desensitization and sensory re-education**
- **Customized orthosis fabrication**
- **Joint protection principles**
- **Therapeutic activities**
- **Home exercise programs**

