

What is Hand Therapy?

Hand therapy refers to the rehabilitation of the hand and **entire upper extremity**, including the wrist, elbow, and shoulder.

When we have an injury, illness, or surgery to the hand or upper extremity that affects our performance of daily activities, skilled occupational or physical therapy services performed by a licensed/registered therapist may be needed to help restore function.



***Workers' Compensation
accepted.***



Hand & Upper Extremity Center

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Hand & Occupational Therapy Services

**HAND & UPPER
EXTREMITY CENTER**

Conditions commonly treated in practice:

- Work and sports related injuries.
- Carpal tunnel syndrome.
- Cubital tunnel syndrome.
- Trigger finger.
- Inflammatory disorders.
- Fractures and dislocations.
- Crush injuries.
- Tumors and Ganglion cysts.
- Tennis and golf elbow.
- Shoulder pathologies:
 - Frozen shoulder.
 - Arthroscopy.
 - Rotator cuff repair.
- Tendon and nerve injuries.



Individualized treatment plans may include:

- Pre- and post-operative rehabilitation.
 - Range of motion.
 - Strengthening.
- Endurance activities.
- Fine motor dexterity.
- Scar management.
- Desensitization.
- Edema control.
- Home exercise program.
- Physical agent modalities.
- Customized splint fabrication.

Referrals:

- New patient appointments are typically scheduled **within 1 week** of physician referral.
- Referrals/prescriptions may be faxed by the health care provider or brought by the patient.
- Referrals must provide:
 - Physician's name and signature.
 - Date of referral.
 - Designation of **occupational** therapy services.
 - Patient name and contact information.
 - Diagnosis/reason for referral.
 - Frequency and duration.
- Third party reimbursement:
 - Please provide primary insurance information.
 - As a courtesy, we will attempt to verify coverage prior to the initial evaluation.
 - However, it is the patient's responsibility to contact their insurance provider to confirm therapy and/or DME benefits specific to their plan.
 - **Workers' Compensation accepted.**