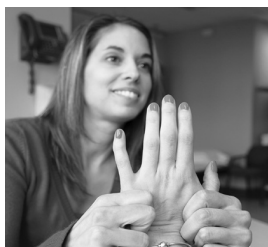


# Hand Therapy



## Certified Hand Therapy

Patients with problems of the hand, wrist, elbow and shoulder may benefit from the care of a certified hand therapist.

### Who may benefit from certified hand therapy?

A certified hand therapist treats conditions affecting not only the hands, but also the upper extremities. Patients who may benefit from specialized hand therapy services include:

- those affected by an accident or trauma, suffer from conditions such as carpal tunnel syndrome or tennis elbow, or cope with chronic problems such as arthritis or a neurological conditions like stroke.
- surgical patients, including those who have required amputation.
- those who have experienced conditions such as injuries to the fingernail bed, certain chronic pain conditions, lymphedema resulting from cancer surgery or radiation therapy, or tumors or cysts.
- Saint Anne's Hospital's certified hand therapy services are available for both children and adults.

### What is a certified hand therapist?

A certified hand therapist is an occupational or physical therapist who has a minimum of five years of clinical experience, including 4,000 hours of direct practice in hand therapy. In addition, they have successfully taken a comprehensive test of advanced clinical skills and theory and must be recertified every five years.

## What does certified hand therapy offer?

- rehabilitation after surgery or injury to the upper extremity
- desensitization following nerve injury or trauma
- sensory re-education after nerve injury
- design and implementation of exercise programs to increase motion, dexterity, and/or strength
- splint fabrication for prevention of injury
- training in the performance of daily life skills through updated methods and equipment
- conditioning prior to returning to work

Saint Anne's Hospital's certified hand therapists help patients of all ages – from children through older adults – get back to doing what they love to do.

## INTERPRETER SERVICES AVAILABLE

### ***Portuguese - Português***

Fala Português? Vamos oferecer-lhe um intérprete gratuito.

### ***Spanish - Español***

¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.

Steward Health Care complies with applicable Federal and State civil rights laws and does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, disability or age.

Services are covered by most insurances.  
For more information, call:

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