8184

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To schedule an appointment call
(614) 722-2200.

NationwideChildrens.org/SportsPT

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Hand Therapy

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What Is Hand Therapy?

Hand Therapy is rehabilitation performed by an occupational (OT) or physical therapist (PT) who specializes in conditions affecting the hands and upper extremities. Hand Therapy sets goals to return to optimal function, range of motion, and strength of patients with injuries, strains, sprains, trauma, or surgical procedures to their hands and arms.

What Is A Certified Hand Therapist?

A Certified Hand Therapist (CHT) is an occupational therapist or physical therapist who has a minimum of five years of clinical experience, including 4,000 hours or more in direct practice in hand therapy. In addition, the Certified Hand Therapist has successfully passed a comprehensive test of advanced clinical skills and theory in upper quarter rehabilitation. Every CHT is required to demonstrate continued professional development and competency by recertifying every five years. (www.htcc.org)

What To Expect

Although each patient's treatment plan will be different, most patients can expect to be in therapy 4-6 weeks 1-2x/wk. During the initial evaluation, goals will be set by therapist and patient and a treatment plan will be designed to help achieve overall highest levels of function with the affected upper extremity.

Therapy may consist of splinting, range of motion exercises, strengthening, desensitization, patient education, massage, pain and swelling management, and joint mobilization.

What Conditions Are Appropriate For Hand Therapy?

- Wrist Sprains and strains
- Hand/Wrist Fractures
- Hand/Wrist/Elbow Tendonitis
- Congenital hand conditions
- Nerve injuries of the hand, wrist, elbow
- Trauma (i.e. amputations, crush injuries)
- Post-surgical limitations in pain, weakness, and range of motion
- Cerebral palsy
- Nerve and tendon transfers
- Tendon lacerations and repairs

What Will Be Assessed At A Hand Therapy Evaluation?

- range of motion
- pain
- strength
- joint mobility
- function
- sensation
- coordination