



Dublin Sports Medicine and Orthopedic Center

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Orthopedic Center

479 Parsons Ave. | Columbus, OH 43215

Westerville Sports Medicine and Orthopedic Center

584 County Line Road W. | Westerville, OH 43082

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

NationwideChildrens.org/SportsPT



Hand Therapy



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 for patients with injuries, strains, sprains, trauma, or surgical procedures to their hands and arms.



What is a certified hand therapist?

A certified hand therapist 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 certified hand therapist is required to maintain current knowledge and skills by recertifying every five years.

What to expect

Although each patient's treatment plan will be different, most patients can expect to be in therapy 1-2 times per week for 4-6 weeks. During the initial evaluation, goals will be set by therapist and patient. Then, 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