



# HAND IN HAND REHABILITATION, OT, PC

excellence • integrity • experience

*Specialized Care of the Hand & Upper Extremity.*



## PAIN-FREE LIVING IS WITHIN YOUR GRASP!

DISCOVER THE SOLUTION FOR  
SHOULDER, ELBOW, WRIST, & HAND PAIN!

### **Exercise Essentials**

*Try these exercises to  
relieve pain and stay moving!*

### **Meet The Team!**

*Our highly-educated staff is  
ready to help you!*

### **Detox Recipe**

*Enjoy this healthy detox  
juice recipe!*



# PAIN-FREE LIVING IS WITHIN YOUR GRASP!

It's time to say goodbye to shoulder, elbow, wrist & hand pain once and for all. Identifying the cause of your pain and taking steps to combat ill habits that may be contributing to your discomfort can have a significant impact on your quality of life.

Wave goodbye to pain in your hands, shoulders, elbows, and wrists with targeted techniques from your experienced occupational therapists.

## What is Causing the Pain?

Think about the tasks that make up the majority of your day-to-day life. It is often said that life in the 21st century is way easier on the body than life during any other time in human history — and it's true that there is a fair amount of evidence to support this idea. Rather than spending all of your days working in a factory or on a farm, the vast majority of Americans work indoors, often at a computer for a predetermined number of hours week after week. But this new lifestyle isn't exactly harmless for the body, either.

There are plenty of ways in which the common tasks of 21st-century life put the body under a great deal of stress. Sedentary lifestyles frequently contribute to

weight gain, which increases your risk for a long list of obesity-related diseases. This puts additional stress on your body, which could result in pain in crucial joints like your shoulders, elbows and yes, even your wrists and hands. But even aside from that, there are a lot of potential issues that your body can face as a result of sedentary behavior in the workplace — including shoulder, elbow, wrist, and hand pain.

Shoulder, elbow, wrist and hand injuries are especially common as a result of workplace injury and overuse. While it is sometimes possible to take action to prevent an injury from developing, it is especially important to be able to recognize when an injury develops and to understand ways that you can combat that injury by identifying what may have caused the pain to develop in the first place. Common issues that can lead to shoulder, elbow, wrist and hand pain include:

- Issues with poor posture
- Carpal tunnel syndrome, which can develop from overuse of the wrist and regular, repetitive motions, such as typing
- Heavy lifting
- Athletic injuries
- Muscle sprain
- Muscle strain
- Dislocation or hyperextension of the joints

## EXERCISE ESSENTIALS

Try these exercises to relieve hand pain!



### THUMB IP EXTENSION STRETCH

*(Helps Thumb with Weakness & Pain)*

Grasp the affected thumb below the last knuckle and gently stretch it into a more straightened position. Hold for 6-10 seconds.



### Wrist Extension Stretch

Rest your forearm on a surface for support so that your wrist hangs over the edge. Hold your palm and knuckles with your other hand and relax the tips of your fingers. Gently bend the wrist of the grasped hand upwards using your other hand. Your fingers can remain bent while doing so. Hold for 20 seconds and repeat 3 times.



## GIVE CHRONIC PAIN THE COLD SHOULDER!

One of the biggest concerns regarding pain in the shoulder, elbow, and hand is that it is difficult to impossible to actually allow these parts of the body time to rest. Every movement and action requires these body parts — and when the pain develops in both arms, as it often does, treating the pain becomes even more complicated. It is impossible to care for your basic needs without involving your shoulder or wrist, let alone get through a day at the office.

This is why so many issues regarding pain in the shoulder, elbows, wrists, and hands typically become chronic. Since it is difficult to allow these body parts time to properly rest, they continue being overused and the pain can actually worsen.

### Treating Shoulder, Elbow, Wrist & Hand Pain.

Addressing the pain early on is the best way to prevent an issue from becoming chronic. Turning to medication and braces for pain management is not a long-term solution and will only push off the inevitable truth — that you need to find a solution for the problem that is causing you pain.

Occupational therapy is the ideal tool for support in this regard. Working with an occupational therapist will provide you with an opportunity to understand what movements may be causing further discomfort, and can help you to strengthen the surrounding muscles while improving range of motion, which together will likely alleviate some of the pain associated with your injury.

Don't assume that pain in your shoulder, elbows, wrists, and hands will go away on its own. It is more common for the pain to worsen, and compensating for the pain by overusing the opposite arm can cause further injury to develop. For support with learning how to manage the pain, and to learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists, contact your occupational therapist.

## WHAT SHOULD I DO NOW?



1. Call **516.333.1481** (Long Island) or **212.472.1000** (Manhattan) to talk with your occupational therapist and discuss your pain and symptoms.



2. Your occupational therapist may suggest exercises or precautionary measures to relieve or avoid pain.



3. If further assessment is needed to find the cause of your pain, your therapist can schedule an appointment with you.

# MEET THE DIRECTOR!

OUR STAFF IS EXPERIENCED, FULLY QUALIFIED AND HIGHLY EDUCATED TO DIAGNOSE AND TREAT YOUR CONDITIONS.



**Deborah A. Brienza, OTR, CHT**

Following her studies at Vassar College, Deborah Brienza graduated Magna Cum Laude from Tufts University with a degree in Occupational Therapy in 1988. She went on to earn a Certificate in Health Care Management from New York University in 1991. After working at both St. Luke's Roosevelt Mount Sinai West and NYU Langone Hospital for Joint Diseases, Deborah became a Certified Hand Therapist in 1994 and has trained with some of the most highly regarded

Certified Hand Therapists, Orthopedic and Plastic Surgeons in the country. A member of the American Society of Hand Therapists and the American Occupational Therapy Association, Deborah's focus and specialty is in rehabilitation of the hand, wrist and elbow. As Director of Hand in Hand Rehabilitation since 2004, her commitment is to provide patient centered, one on one, individualized therapy sessions using a personal touch that is currently missing from larger institutions.

## 3 NATURAL SOLUTIONS TO BEAT SPRING ALLERGIES WITHOUT MEDS!

TRY THESE SIMPLE TIPS TO PROTECT YOU FROM SPRING ALLERGENS!



1. Limit your time outdoors. Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

2. Tweak your home. Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

3. Keep it clean! Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.



Visit our website at  
[HandInHandRehabilitation.com](http://HandInHandRehabilitation.com)  
to learn more!

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Looking for a Healthy Detox Recipe?

## MIRACLE RED JUICE

### Health Benefits

- Immunity
- Eyes
- Liver
- Spleen
- Kidneys
- Pancreas
- Digestive Tract

### Ingredients

- 2 large beets
- 4 long carrots
- 2 apples
- 6 celery stalks
- 2 limes or lemons
- 2 inches of ginger

### Instructions

Prepare beets, carrots, apples, celery, limes (or lemons) and ginger by chopping into smaller pieces before placing into a juicer. As the skin of a beet is packed with antioxidants and nutrients, it is recommended to leave the skin on the beet. Do not peel the ginger, which you will add to taste as ginger can be spicy. After all ingredients are added to the juicer, blend until juiced and smooth. Miracle Red Juice can be absorbed more easily on an empty stomach. Drink one glass every other day or as needed.