



# HAND IN HAND REHABILITATION, OT, PC

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## DON'T GET SPOOKED BY TENDON LACERATIONS

### **No Tricks, All Treats!**

Stay Safe This Halloween With  
Hand In Hand!

### **Stay Injury-Free!**

Safety Rules for  
Pumpkin Carving

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Plastic Surgical Group



# **DON'T GET SPOOKED BY TENDON LACERATIONS**

## **TIPS TO STAY SAFE AND AVOID INJURY THIS PUMPKIN-CARVING SEASON**

Are you excited to carve your pumpkin this Halloween? Did you know that every year the most common injury at Halloween is related to making Jack-o'-lanterns? At Hand In Hand Rehabilitation, our certified hand therapists treat all tendon injuries, including lacerations from pumpkin carving accidents.

According to the U.S. Consumer Product and Safety Commission, over 60% of all Halloween-related injuries involve pumpkin carving. Due to the slippery nature of pumpkins and the awkward positions and angles needed to create your work of art, some of these injuries are serious tendon injuries.

At Hand In Hand Rehabilitation, our certified hand therapists are highly skilled at treating all types of hand and finger injuries. We will provide you with the most advanced treatment programs to ensure you recover fully!

Request an appointment today and learn more about our hand therapy programs!

### **PRECAUTIONS TO TAKE WHEN MAKING YOUR JACK-O'-LANTERNS**

You can avoid most pumpkin carving injuries using the right

tools and following basic safety rules. As with most things, a little precaution before an accident is preferable to a lot of fixing up afterward!

It is important for parents to establish clear boundaries when carving with their kids. Teach them proper safety to ensure they have a positive experience rather than a traumatic visit to the hospital. At Hand In Hand Rehabilitation, our certified hand therapists would like to offer the following tips for Halloween pumpkin carving this year:

Purchase a pumpkin carving knife kit. These kits provide small knives that can slice through the rind of a pumpkin but can't slice through human skin easily. These kits are specifically designed to keep your hands free from harm.

Take the time to prepare your workspace correctly. It would be best if you always carved your pumpkins in a dry, well-lit area. Prepare your workspace by including a cloth to keep your hands as clean and dry as possible. When your knives and hands are wet, the more slippery the risk of serious injury.

- **Set aside plenty of time.** Plan adequate time so you are not rushed and make a decision you'll regret later!



# STAY SAFE THIS HALLOWEEN WITH WITH HAND IN HAND!

- **Take off the pumpkin top last.** Avoid taking the top off the pumpkin before carving to reduce the temptation of using the knife from inside the pumpkin. The inners are slippery, and hard to see precisely what you are doing, which is how many people cut their hands.
- **If you or someone you love suffers a cut,** apply pressure with a clean cloth and elevate the injured area above the heart. Make sure any minor cuts are cleaned and covered with clean bandages. Bleeding should stop within 10 to 15 minutes. If the bleeding persists or the cut is deep, you should go to the emergency room or an urgent care facility near you.

## WHAT TO EXPECT AT YOUR HAND IN HAND REHABILITATION SESSIONS

No matter the cause of your shoulder, elbow, wrist, or hand pain, a hand therapist is an excellent solution for you. At Hand In Hand Rehabilitation, our therapists are highly skilled at treating all types of tendon disorders, including lacerations from a wayward slice carving pumpkins.

Our specialists will assess your particular condition to identify

contributing factors affecting your recovery and address each one. Our therapists are highly skilled at hands-on intervention and exercise selection to help tendon injuries heal.

We utilize proven methods with our patients. Our certified hand therapists will typically include manual therapy, joint mobilization manipulation, therapeutic exercise, and nerve and tendon glide techniques for effective results. Each program is unique and based on your individual needs.

At times it is necessary to include techniques like KT taping and joint splinting, which have been shown to help alleviate pain and restore function for specific conditions. No matter what type of injury you have, we can help!

## REQUEST AN APPOINTMENT TODAY!

Addressing tendon injuries early on is the best way to prevent them from becoming more debilitating! If you have suffered a recent injury to your tendons or have a chronic problem affecting your ability to use your hands, Hand In Hand Rehabilitation can help!

Contact Hand In Hand Rehabilitation today and learn more about how our certified hand therapists may be able to help you!



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To learn more, call us at:  
**516.333.1481 (Long Island)**  
**212.472.1000 (Manhattan)**

or visit our website at:  
**[HandInHandRehabilitation.com](http://HandInHandRehabilitation.com)**

# Pumpkin Carving

## Safety Tips

Halloween is one of the top three holidays that produce the most emergency room visits each year. Finger and hand injuries account for the greatest proportion of injuries on Halloween. Pumpkin carving can be a dangerous activity, so stay safe this Halloween with these tips.

### How to prevent carving injuries

#### 1 Clean Carving Area

Be sure your carving space is clean, dry and well-lit. Your hands should be dry, as should all of your tools.

#### 5 Explore Alternatives

Pumpkin decorating kits are safe and equally fun.

#### 2 Adult Supervision

Adults should always do the actual carving. Let the children draw an outline on the pumpkin and clean out the pulp.

#### 3 Sharper Isn't Better

Super sharp knives can get stuck in the pumpkin and be difficult to pull out. Instead, use a serrated pumpkin saw from a carving kit.

#### 4 Proper Technique

Always carve away from the body, not toward the body, in case of a slip. Carve slowly and steadily.

### What's in a carving kit?

Hand surgeons recommend using only the tools provided in a carving kit for your pumpkins.



Stencils



Carving Saws



Scoops

Learn more about staying safe this Halloween at [www.HandCare.org](http://www.HandCare.org).



American Society for  
Surgery of the Hand

## HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your treatment may not cost you anything. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Hand Therapy! Let us help you get a head start for 2023!

Call us today at 516.333.1481 (Long Island) or 212.472.1000 (Manhattan).

## Help Spread The Word!

Leave a review for our practice & help us connect with the community.



## Dr.STITCH®

Long Island Plastic Surgical Group

Halloween injuries can be scary, but treatment doesn't have to be. If you or someone in your family has an accident, we can help – 24 hours a day, 7 days a week, 365 days a year!

Dr.STITCH is made up of 24 Long Island Plastic Surgical Group surgeons affiliated with hospitals located throughout Long Island, Queens and Manhattan. At the time of an injury and before going to the emergency room, contact Dr.STITCH and our call care coordinator will connect you with the closest surgeon to meet you at a nearby hospital or at one of our convenient office locations.

1-877-DR-STITCH  
(1-877-377-8482)

[www.drstitch.com](http://www.drstitch.com)