



HAND IN HAND REHABILITATION, OT, PC

excellence • integrity • experience

FIND RELIEF FOR YOUR ARTHRITIS PAINS WITH

HAND THERAPY & CUSTOM ORTHOTICS

Benefits of Orthotics

*How custom hand orthotics
can help your pain*

Living With Pain?

*Get back to doing what you
love with Hand In Hand*

Healthy Recipe

*Enjoy this delicious immuno-
boosting soup recipe!*



FIND RELIEF FOR YOUR ARTHRITIS PAINS WITH HAND THERAPY & CUSTOM ORTHOTICS

Arthritis pain in your hands can make it difficult to perform daily activities. Whether it's brushing your hair, driving a car, or typing at a computer, you use your hands hundreds of times throughout the day! This can make it extremely difficult when living with arthritis, which limits your ability to move freely.

If you are living with arthritis, you're not alone. In fact, there are over 100 different types of arthritis that people are diagnosed with. Arthritis pain is directly correlated to the limitation of mobility in your joints, muscles, ligaments, and tendons. The more freedom of movement in your joints, strength in your muscles, and improved circulation, the less you will be affected by arthritic inflammation and pain.

Hand arthritis can be successfully relieved with the help of our certified hand therapists and, when needed, custom orthotics. For more information on how hand therapy and custom orthotics can help relieve your arthritis pains, contact Hand In Hand Rehabilitation today!

Hand therapy for arthritis relief

A hand therapist typically uses manual techniques to manipulate the affected arthritic area, in order to release tension, swelling, and pain. Through the use of massage and hands-on treatments,

patients can find significant improvement - sometimes after just one session! In some cases, additional techniques, such as ice and heat therapies, ultrasound, or electrical stimulation may also be used as part of your treatment plan, in order to manage your pain and keep symptoms at bay.

Perhaps one of the biggest roles of a hand therapist, however, is prescribing targeted stretches and exercises. These will be dependent upon the type and severity of your arthritis, and will focus on improving the range of motion, strength, and overall function of your hands, so you can safely and comfortably perform your daily activities once again. A large part of hand therapy is helping patients regain their independence in day-to-day tasks and improving their quality of life. Because of this, our certified hand therapists are also more than happy to prescribe custom orthotics to help with your hand arthritis as needed.

To learn more about our custom orthotics, call us at: 516.333.1481 (Long Island), 212.472.1000 (Manhattan) or visit our website at: HandInHandRehabilitation.com.



HOW CAN CUSTOM ORTHOTICS BENEFIT ME?

Depending on the severity of your condition, there are a multitude of different braces that may help in making daily activities easier to perform. Custom braces can help with the alignment of joints, muscles, tendons, and ligaments, allowing for optimum healing. By working closely with one of our highly trained hand therapists, you can be confident that you have the proper brace for facilitating healing and protecting your hands during everyday tasks.

At Hand In Hand Rehabilitation, we can create a custom orthotic specifically for your needs. We offer a wide range of orthotics for the hands, aimed at articulating and immobilizing, to help aid in pain management during certain activities. Many people with chronic conditions, such as arthritis, have found success and relief with our orthotic devices.

Our hand therapists will conduct a physical evaluation to examine the current levels of mobility in your upper extremity. From there, they will design a personalized treatment plan and custom orthotic that will help relieve pain, improve your range of motion, and increase strength in your arthritic hand(s).

Get started today!

If arthritic pains in your hands have been making daily life difficult for you, contact Hand In Hand Rehabilitation today to schedule a consultation. Don't suffer in silence – take the steps to relieve your pain and improve your function today! We will determine if custom orthotics could be beneficial to you, and we'll get you started on the path toward long-lasting relief!



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LIVING WITH HAND PAIN?



FIND RELIEF WITH HAND IN HAND!

Your hand and wrist are an amazing, complex part of your body that allows you to touch, grasp, hold and manipulate most everything you do in the day. Just imagine if your hands were not working properly. For many people this is a reality and a painful one they face each day. Each hand and wrist contains, 29 bones, 29 major joints, 123 ligaments, 17 muscles in the palm and 18 muscles in the forearm and numerous nerves. There is a lot that needs to work together at the right time and right place.

When you suffer from pain in the hand or wrist this can be a result of overuse, arthritis, injury and even congenital problems. Having an expert to evaluate, and then put you on the right path to having the maximum use of your hand again, begins with seeing a hand therapist. A hand therapist is needed when pain, dysfunction, trauma or disease processes occur at the hand, wrist, forearm, elbow and/or shoulder. Due to the complexity of the hand and upper extremity, a hand therapist should be your first choice for rehabilitation.

Hand and wrist pain can be for a variety of reasons, such as movement, limitation due to crush injuries, fracture, tendon lacerations, nerve injuries, burns and wounds, carpal tunnel syndrome (nerve compression), Dupuytren's contracture, Dequervain's synovitis, Reflex Sympathetic Dystrophy / Complex Regional Pain Syndrome, rheumatoid arthritis and osteoarthritis. The key to less pain in the hand is regaining the proper movement of the joints and regaining the strength of the muscles in the hand, forearm and even shoulder. At Hand In Hand Rehabilitation, our expert hand therapists treat wrist and hand pain everyday. We also provide advanced evaluation and fabrication of custom splints for hand, elbow and shoulder support.

If you believe that you may need therapy for your hand, wrist, elbow or shoulder please call us today. The sooner we see a patient, the more optimum it is for their recovery, so don't delay. We will get you back to feeling better today and get you back to doing the things you have been missing out on. We will get results for you!

GET THE HELP YOU NEED TODAY!



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.



CREAMY THAI CARROT & SWEET POTATO SOUP

Ingredients

- 1 tbsp coconut oil
 - 2 cups chopped yellow/sweet onion
 - 2 cloves garlic, minced
 - 1 tsp minced fresh ginger
 - 2 tbsp red curry paste
 - 4 cups low-sodium vegetable broth, plus more if needed
 - ¼ cup raw peanut butter
 - 3 cups diced peeled carrots
 - 3 cups diced peeled sweet potatoes
 - ½ tsp fine-grain sea salt
 - Freshly ground black pepper
 - Up to ¼ tsp cayenne pepper (optional, if you like spice)
- For Garnish:**
- Minced fresh cilantro
 - Fresh lime juice

Instructions

In a large pot, melt coconut oil over medium heat. Add onion, garlic, and ginger and sauté for 5-6 minutes until onion is translucent. Stir in curry paste. In a small bowl, whisk together some of the broth with almond butter until smooth. Add mixture to pot, along with carrots, sweet potatoes, salt, and remaining vegetable broth. Stir until combined. Bring soup to a low boil over medium-high heat and then reduce heat to medium-low. Cover and simmer for 15-20 minutes, until potatoes and carrots are fork-tender.

Ladle soup carefully into a blender. You will likely have to do this in a couple of batches, depending on the size of your blender (never fill your blender past the maximum fill line). Being careful to avoid hot steam from the lid, blend on low and slowly increase speed until soup is completely smooth. (Alternatively, you can use an immersion blender and blend the soup directly in the pot.)

Season with salt and black pepper to taste. For more spice, add ¼ tsp cayenne pepper; and blend again. Transfer soup back to pot and reheat if necessary. If desired, you can thin soup out with a bit more broth if it's too thick for your preference. Ladle soup into bowls and top with minced cilantro, a squeeze of lime juice.