



# HAND IN HAND REHABILITATION, OT, PC

excellence • integrity • experience



## FIND RELIEF FOR YOUR ARTHRITIS PAINS WITH HAND THERAPY AND CUSTOM ORTHOTICS

### **Stop Missing Out**


Get back to doing what you  
love with hand therapy

### **Start Living Pain-Free!**

What hand therapy can  
help you with

### **Share The Love**

Share the benefits of hand  
therapy with a friend



## **FIND RELIEF FOR YOUR ARTHRITIS PAINS WITH HAND THERAPY AND 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.

### **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.



## GET BACK TO DOING WHAT YOU LOVE WITH HAND THERAPY

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!

***Has your hand pain returned? We can help! Schedule your appointment today to return to living a pain-free life! To book your appointment, call us at 516.333.1481 (Long Island), 212.472.1000 (Manhattan) or visit our website at [HandInHandRehabilitation.com](http://HandInHandRehabilitation.com).***



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# HOW HAND THERAPY CAN HELP YOU



Hand therapy can not only provide you with a comprehensive evaluation of your condition to help you understand why it occurred and how to prevent it from recurring, but it also provides a safe and effective treatment that will decrease your recovery time.

Some of the techniques and tools a hand therapist may choose to use in your treatment include the following:

- Compressive therapy
- Electrical modalities
- Ergonomic modifications
- Adaptive techniques
- Joint protection
- Manual therapy
- Custom orthotics
- Scar tissue management
- Thermal modalities
- Wound management

To learn about these techniques, or to find out more about which ones may benefit your specific condition, you should consult first with a hand therapist. They will be able to properly assess your condition and pain symptoms to figure out the right method of treatment for you.

Here at Hand In Hand Rehabilitation, we understand that having an upper extremity or hand condition can keep you from doing the simplest of tasks without pain. Sometimes a serious intervention is necessary, but that doesn't have to mean surgery. Our ultimate goal here is to help restore function and mobility in your hands, and to make sure you don't have to experience the same condition twice. A specialized treatment plan will be created for your specific pain condition to ensure you get to experience the pain relief you deserve.

*If you find yourself experiencing pain in your upper extremities during your day-to-day life, we are here to help! Our custom treatment plans will address your pain! Call us at Hand In Hand Rehabilitation today for an appointment!*



**516.333.1481 (Long Island)**  
**212.472.1000 (Manhattan)**  
**HandInHandRehabilitation.com**

## 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.

## HAND IN HAND'S TEAM IS GROWING!

### We Are Currently Hiring For The Following Positions:

- Patient Care Coordinator | (Long Island Location)
- Certified Hand Therapist | (Long Island Location)
- Occupational Therapist | pending CHT | (Long Island Location)

**For more information, email Debbie at:**

**[debbie@handinhandrehabilitation.com](mailto:debbie@handinhandrehabilitation.com)**

## HELP US SHARE THE LOVE!

**Share the Benefits of Hand Therapy with a Friend or Loved One!**

We appreciate the confidence you place in us and will do our best to help those you refer meet their health and rehab goals. A huge thank you to all of our friends who refer others to us at Hand In Hand Rehabilitation!

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