



# HAND IN HAND REHABILITATION, OT, PC

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## HAND THERAPY CAN HELP YOUR WINTER SPORTS INJURY RECOVERY

### ***Enjoy Winter!***

*Avoid Winter Injuries With  
Hand In Hand!*

### ***Avoid Holiday Stress***

*5 Tips to Prevent Holiday  
Stress*

### ***Spread the Word!***

*Help Us Help More People In  
Our Community*



# HAND THERAPY CAN HELP YOUR WINTER SPORTS INJURY RECOVERY

As the colder weather approaches, more and more people are getting excited to get out on the slopes or back on the ice to enjoy the winter season. Unfortunately, with winter sports come slips and falls and, as a result, more wrist and hand injuries. Did you know that most wrist and hand injuries are from falling and reaching out to stop the fall?

At Hand In Hand Rehabilitation, our occupational therapists and certified hand therapists are highly trained at identifying any restriction or weakness standing in your way of recovery and giving you the tools to resolve your pain and injuries so you can get back out on the slopes this winter!

Skiing, snowboarding, and ice skating are great ways to get some exercise and enjoy the great outdoors simultaneously. Our therapists want to ensure you are safe while participating in snowy sports this season.

If you are looking for proven strategies to recover after a winter sports-related injury, call Hand In Hand Rehabilitation today and request an appointment with one of our certified hand therapists!

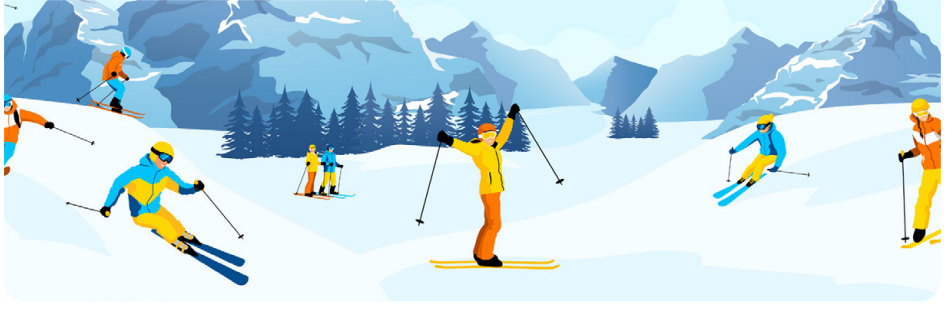
## **HOW TO KEEP YOUR HANDS SAFE AND FEELING THEIR BEST THIS WINTER**

With the colder weather approaching, the risk of slipping on ice as you walk or run on the sidewalk is something most people pay attention to and try to avoid. You can take some precautions to minimize fall-related injuries while participating in winter activities. Including the following suggestions:

- Wear proper shoes with winter soles for traction.
- Use slip-on spikes to reduce your risk of slips and falls on ice.
- Make sure your sidewalks and driveways are cleared and salted or use sand or kitty litter for traction.

Heading out on the slopes or getting on the ice at your local rink is one of the most common ways for people to break a bone or sprain a ligament in their wrist and hand.

We know that staying safe is essential to staying active. Finding ways to avoid injuries or minimize the risk can be challenging, which is where our certified hand therapists and occupational therapist can help.



# AVOID WINTER INJURIES WITH HAND IN HAND!

We'll work with you to help you take steps to decrease your risks and/or help you recover after an injury.

You can take the following steps to decrease your risk of sustaining an injury to your wrist and hands:

- Use your ski poles to help keep your balance when skiing
- Make sure your boots or ice skates fit properly
- Lace up your skates nice and tight
- Make sure your boots are secure in the bindings

Falling onto an outstretched arm is the most common way we break bones in our wrists and hands, and skiing, snowboarding, and ice skating are common ways people get hurt in the winter month. At Hand In Hand Rehabilitation, our therapists will keep you as safe as possible while you're gliding down that mountain or whirling around the rink!

## WHAT TO EXPECT AT HAND IN HAND REHABILITATION HAND THERAPY VISITS

If you are dealing with a broken bone in your wrist(s) or hand(s), our certified hand therapists and occupational therapists are here to help you! We will conduct a physical evaluation to examine the function of your wrist, hand, and fingers to determine the most appropriate treatment for you.

You will work one-on-one with one of our Hand In Hand Rehabilitation specialists during your hand therapy sessions to reduce any pain or swelling. Your therapist will use targeted manual therapy techniques and guide you through exercises to improve your range of motion, strength, coordination, and dexterity.

Depending on your situation, our therapists may decide to create a custom orthosis/splint to facilitate your recovery. The main priorities early on are pain management and mobility work to ensure your functional capabilities.

Your therapist will often design a home exercise program for you to supplement your work in the clinic. These exercises may include a combination of exercises, mirror therapy, taping, or compression therapy.

Our therapists are highly skilled at determining the underlying restrictions and weaknesses limiting your progress. We will provide appropriate treatments to optimize your outcome, promote healing, and restore the use of your wrist and hand so you can stay active this winter, enjoying your time skiing, snowboarding, or skating!

## REQUEST AN APPOINTMENT TODAY!

A large part of hand therapy is helping you improve your range of motion, strength, and overall function so you can safely and comfortably return to the activities you enjoy the most.

Call Hand In Hand Rehabilitation today to schedule a consultation to learn more about how hand therapy can relieve your wrist and hand recovery!

Sources

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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)**



## 5 TIPS TO PREVENT HOLIDAY STRESS

Do you find yourself stressed out around the holidays, anxiously running through a seemingly endless list of tasks? The holidays should be a time of celebration, not a source of stress.

If you need some extra assistance this season, check out our list below of 5 ways to prevent holiday stress.

### 1. START PLANNING EARLY

Plan your holiday now, don't wait until the last minute! Decide where the festivities will be held early so you know whether you're hosting or traveling this winter. This will avoid any last-minute stress and allow you to enjoy the holidays more.

### 2. MAKE A BUDGET

Make sure you know how much money you have to spend on presents, food, or decorations. If your gift budget is on the lower side, think about making gifts for your friends and loved ones. A thoughtful and homemade gift is sure to make anyone happy.

### 3. BUY GIFTS IN ADVANCE

There's nothing more stressful than attempting to head to the mall on Christmas eve or anxiously waiting for a package to arrive at the last minute. Avoid this unnecessary stress by getting a jump start on gift-giving this year.

### 4. GET A PLANNER OR CALENDAR

Use this to organize your activities and ensure that everything is taken care of. Making a list of gifts for your friends and family members is a reliable way to ensure that no one gets forgotten.

### 5. KEEP A CALM HEAD

Remember, this is supposed to be fun! If things start getting stressful, take a break from it all and come back when you're feeling better. Deep breathing exercises and mindfulness activities can help you to cool down in a pinch.

## 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 occupational 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.



## HAPPY HOLIDAYS

AND HAPPY NEW YEAR

Happy holidays to all of our Patients!  
We are so very grateful that you have chosen Hand in Hand.