



HAND IN HAND REHABILITATION, OT, PC

excellence • integrity • experience



**KEEP YOUR HANDS FEELING
GREAT THIS WINTER!**

Be Prepared

*Don't Dread The Cold
This Winter!*

Feel Better Faster

*Get the help you
need today!*

Share The Love

*Share the benefits of hand
therapy with a friend*



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HEALTH NEWSLETTER

KEEP YOUR HANDS FEELING GREAT THIS WINTER! *HAND THERAPY & COLD WEATHER TIPS*

Do your hands bother you as the weather gets colder? Have you noticed they often feel stiff and sore when you're trying to pick up items, get dressed, or do everyday tasks? With the holidays right around the corner, one thing is for sure: the last thing you want to be bothered with is hand pain!

Having healthy, functioning hands is essential if you want to be able to participate in outdoor activities in the winter or if you're someone who loves wrapping gifts, hanging lights, and baking treats with your family. Whether your pain is from the temperatures dropping or a chronic condition, rest assured that the skilled therapists at Hand In Hand Rehabilitation have you covered.

Call our clinic today to schedule an appointment with one of our hand therapists. We're here to make sure your hands are in the best shape possible for the colder months!

HOW THE COLD WEATHER AFFECTS YOUR HANDS

Have you ever noticed how cold your hands will get when you go outside in the winter months? When you're out in the cold, the blood flow to your hands and feet is reduced and redirected to your chest and your core. The purpose of this is not to make you uncomfortable but to keep your trunk warm!

You have a ton of joints and ligaments in your hands, and they're located in such a small space. This is ultimately the root of the problem behind your cold-weather woes! In between your joints, there is a joint fluid that helps keep everything lubricated and moving freely, much like oil does in your vehicle. Similar to oil, cold weather has an adverse effect on the joint fluid and can cause it to move more slowly and lose overall effectiveness.

This impacts how well your muscles, ligaments, tendons, and joints in your hands are able to move (or not!), which causes a significant amount of pain and discomfort that feels like it extends deep down into your bones.

Reduced hand dexterity, grip strength, sensitivity, and gross motor function can all be side effects of your body's reaction to the cold. Tingling fingers and toes indicate that it's time to get inside and warm up, especially if you're someone who lives with arthritis or another chronic condition that affects your ability to move your hands.

During the winter months, many arthritis patients endure more severe pain. Experts are baffled as to why cold weather affects arthritis. Low temperatures cause joints to stiffen due



DON'T DREAD THE COLD THIS WINTER!

to thicker synovial fluid while lowering barometric pressure caused by a cold front causes joints to expand.

Regardless of the reason behind your hands giving you trouble in the chillier months, Hand In Hand Rehabilitation's hand therapy services can provide you with relief.

YOU CAN FACE THE COLD WITH HAND THERAPY

Hand therapy focuses on the biomechanical issues of upper-extremity conditions. It's a patient-centered approach that addresses the patient's needs, such as lifting objects, opening a jar, or buttoning a shirt. Simple tasks such as these can become painful and challenging to do when the weather cools off, and the joints in your hands become stiff.

Hand therapy treatments aim to relieve hand pain and reduce the amount of stress and stiffness surrounding your joints. These techniques will help you achieve your physical goals of managing your pain and participating in everyday holiday activities.

A hand therapist can perform several therapies to assist you in achieving whatever tasks you need to do safely and comfortably. This could include any or all of the following:

- Therapeutic exercises
- Manual therapy
- Mirror therapy
- Taping
- Pain management
- Ergonomics
- Custom orthotic design
- Compression

Your hand therapist at Hand In Hand Rehabilitation may also suggest working with malleable substances such as putty or using a gripper, which can strengthen the joints and muscles in your hands.

You can also make yourself more comfortable outside of your hand therapy appointments by doing any of the following to promote better blood circulation:

- Wearing mittens or gloves outside
- Purchasing hand warmers for your jacket pockets
- Staying hydrated to help your body retain more heat
- Avoiding foods that cause inflammation
- Using warm soaks for your hands at the end of the day (moist heat is great for your hands!)

WHAT SHOULD I EXPECT WITH HAND THERAPY?

Your hands need to be able to move as you intend, without any delay or limitations. Working with a hand therapist can help you reach a place where your hands are your own again and where you can complete every task with the same attention to detail as you used to do.

Hand therapy consists of various methods that may help to reduce your pain and discomfort.

Besides hand exercises and tips for relieving pain at home, your treatment plan may include manual and massage therapy.

Hand therapy massage treatments are a little different than those you might see at a spa! Our hand therapists use massage treatments to manipulate the soft tissues, working to break up scar tissue and adhesions caused by inflammation or injury. This is done through deep pressure and rhythmic stretching, allowing them to find and mobilize areas of your body that are heavily restricted.



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516.333.1481 (Long Island)
212.472.1000 (Manhattan)

or visit our website at:
HandInHandRehabilitation.com

Manual therapy is a procedure that consists of the passive movement of joints and soft tissues. The purpose of manual therapy is to help normalize the movement of limbs and increase the motion between joint surfaces, enabling patients to have normal joint mobility. Manual therapy also helps with reducing pain and boosting functional outcomes.

DON'T LET THE COLD WEATHER GET YOU DOWN

Our hand therapists are highly trained in diagnosing and treating movement disorders and helping patients navigate issues that may arise with the arrival of cold weather.

If you're finding that you're unable to do the things you love due to the changes of the season, give Hand In Hand Rehabilitation a call to discuss your options. Our hand therapists are here to assess and treat your condition so that you can take life by the reins once more without pain.

Cold weather pain? No way! Schedule your appointment today to make sure your hands are game-ready! To book your appointment, call us at 516.333.1481 (Long Island), 212.472.1000 (Manhattan) or visit our website at HandInHandRehabilitation.com.



**SAY GOODBYE
TO HAND PAIN!**

CALL US TODAY!

516.333.1481
(Long Island)

212.472.1000
(Manhattan)



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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.



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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