



HAND IN HAND REHABILITATION, OT, PC

excellence • integrity • experience



HOW ORTHOTICS CAN HELP WITH YOUR JOINT HYPERMOBILITY

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HOW ORTHOTICS CAN HELP WITH YOUR JOINT HYPERMOBILITY

Do you notice you seem to be overly flexible compared to your friends? Do you notice your elbow appears to bend backward when you straighten it? If you have been told you are double-jointed, you most likely have joint hypermobility.

Joint hypermobility means that some or all of your joints have an unusually large range of movement. Often people with hypermobility can move their limbs into positions others find impossible. If you are someone that “pops” your joints out to freak out a friend, you likely have hypermobility.

At Hand In Hand Rehabilitation, our certified hand therapists have proven results in helping people with hypermobility find pain relief and improve their ability to use their upper body. Our therapists will assess your condition and recommend splints and orthoses as needed. Contact our clinic today to set up an appointment with one of our certified hand therapists!

WHAT IS JOINT HYPERMOBILITY?

Hypermobility is defined as an excessive range of motion across multiple joints and typically runs in families and is thought to be due to genetic changes to the collagen in our body. Collagen is the main structural protein found in skin and other connective

tissues found throughout the body (i.e., in skin, muscles, cartilage, and ligaments).

People with hypermobility are thought to have changes in their collagen, making their joints loose and more flexible. Hypermobility can cause a range of symptoms that often affect many body parts. The most common symptoms include:

- Pain and stiffness (especially at the end of the day and after physical activity)
- Clicking joints
- Lack of proprioception (ability to sense the position of a joint)
- Joint dislocations or subluxations (partial dislocations)
- Regular soft tissue injuries (i.e., sprains and strains)
- Poor coordination

No matter what symptoms you may be experiencing, our certified hand therapist can help! We are experts at assisting people in dealing with hypermobility in their upper extremities. We will conduct a thorough evaluation and identify the areas where the support of an orthosis is needed.



WHAT IS AN ORTHOTIC, AND HOW CAN IT HELP HYPERMOBILITY?

An orthotic is a type of support, brace, or splint used to support, align, prevent, or correct the function of the joints. Most people are familiar with foot orthotics, but wrist braces, arm braces, thumb spica, and SilverRing™ splints are also orthotic devices. They all help alleviate pain or improve function and basic movements to resume normal activities again.

The hand and upper extremities are vital for most daily activities, including at work, home, and sports. Some people dealing with hypermobility can affect their ability to tolerate normal day-to-day activities.

Our certified hand therapist can custom design an orthotic to support the loose joints and help restore normal functioning of the upper extremities.

Our team will use different devices depending on the specific diagnosis and joint impairment. We will use the SilverRing™ splint, which allows our patients to adjust the splint in different positions and provide varying degrees of joint support. Ring splints are effective ways to support alignment, improve function and keep deformities from getting worse.

We also customize the type of orthosis we use for specific hand-related conditions. We use a hand-based splint, which affects just the hand, including the palm and webspace, to minimize bulk while providing adequate support to enhance your overall function. We will provide you with cutting-edge, custom-made orthosis and therapies to ensure you achieve the best results possible!

WHAT TO EXPECT FROM YOUR THERAPY SESSIONS

At Hand In Hand Rehabilitation, we have a team of experienced and caring therapists who will help you reach maximal recovery. We will conduct a comprehensive assessment of any pain, injury, or problem you may be having. In addition, we will also take a thorough history to learn more about any previous injury or condition you have dealt with and your overall health status.

We use this information to identify all the factors contributing to your condition, including hypermobile joints. We will assess your range of motion, strength, dexterity, and coordination during the physical examination.

We are experts in custom splint fabrication for positioning and protecting your finger(s), hand(s), elbow(s), and shoulder(s). These splints and braces protect injured or hypermobile areas and support mobility and function to ensure you have the best possible outcome. Our team will use targeted hands-on techniques to decrease pain and implement suitable strengthening exercises to support the joints and improve your overall function.

REQUEST AN APPOINTMENT TODAY!

At Hand In Hand Rehabilitation, our therapists achieve high levels of success due to the variety of treatment options we use, including customized orthotics and our hands-on approach to care. Call to schedule an appointment with one of our specialists and see if an orthotic is right for 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



DON'T FORGET TO CELEBRATE DAD THIS MONTH!

4 GIFT IDEAS FOR FATHER'S DAY

What are you getting for your dad this father's day? If you're not sure yet, you've come to the right place. Picking out a gift for a loved one can be tricky—after all, you want to get them something that shows how much you appreciate and value them.

If you need a little help this father's day, don't sweat it! We've put together a list of gift ideas your dad will love.

- 1. GARDENING TOOLS.** Does your dad have a green thumb? Does he spend his days off in the garden or yard? Helping fuel his hobby would be a great way to celebrate father's day this June. If he's been working with old, outdated tools, we're sure he would appreciate some updated technology. Make his life easier by investing in some new shovels, spades, or gloves.
- 2. A MASSAGE GUN.** Does your dad often complain about aches and pains? Do you constantly see him rubbing his neck or back in pain? No one deserves to live life in discomfort. Besides encouraging your dad to see a physical therapist for his injuries, there are a few at-home remedies you can send his way. A massage gun is a great way to work out tight muscles and soreness, so he can get back to doing more of what he loves!
- 3. A MASTERCLASS MEMBERSHIP.** Has your dad ever told you that he wishes he could play the guitar or learn to cook extravagant meals for the family? Sign him up for a Masterclass membership so he can learn a whole collection of new skills from notable professionals on his own time!
- 4. A GENETICS TESTING KIT.** What better time is there to learn more about your familial roots than father's day? Various testing kits exist that can uncover information about where you come from and your family history. This is a fun gift to share with the entire family and will leave your dad feeling more connected to his roots.

We hope one of these ideas inspires you. Have an excellent time celebrating your dad this father's day!



**ENJOY SUMMER PAIN FREE!
CALL US TODAY!**

**516.333.1481 (Long Island)
212.472.1000 (Manhattan)**

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 Spread
The Word!*

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

We Make It Easy To Leave A Review! Scan the code with your camera app, and post your success story on our Google reviews page!



**HELP US
SHARE THE LOVE!**

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!

**516.333.1481 (Long Island)
212.472.1000 (Manhattan)**

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