



# HAND IN HAND REHABILITATION, OT, PC

excellence • integrity • experience



## The Importance Of **OCCUPATIONAL THERAPY**

### **Exercise Essentials**

Try these exercises to  
relieve hand pain!

### **Get Planting!**

Gardening Injury Prevention  
Tips From Hand in Hand

### **Healthy Recipe**

Enjoy this fun & healthy  
vegetarian recipe!



# The Importance Of OCCUPATIONAL THERAPY

Before you can understand why occupational therapy is so important, you must first understand the differences between physical therapy and occupational therapy. Physical therapy (PT) refers to a variety of natural and conservative treatments aimed at relieving pain and promoting healing. Occupational therapy (OT), while it is a similar form of conservative treatment, focuses more on rehabilitation and the “relearning” of daily activities. The purpose of occupational therapy is to make daily life easier through participating in treatments and exercises.

At Hand In Hand Rehabilitation, we are happy to say that we offer occupational therapy treatments to meet all of your needs. For more information on how you may benefit from our services, contact our office today.

### How successful is occupational therapy?

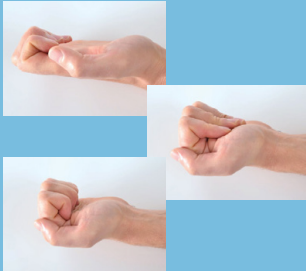
Occupational therapy is a safe, effective, and non-invasive treatment option that is designed to relieve pain resulting from a wide range of musculoskeletal conditions, sports injuries, workplace injuries, and more. Patients typically see an occupational therapist to regain function in their daily life, help manage chronic pain symptoms, and prevent future injury. Regular appointments with an occupational therapist are ideal for people of all ages.

A major focus of occupational therapy is rehabilitation related to impairments of the upper extremity (i.e., shoulder, elbow, forearm, wrist, hand), and 85% of certified hand therapists are occupational therapy professionals. But whether in a specialized hand clinic, general rehabilitation clinic, or acute care setting, the role of occupational therapy in upper extremity rehabilitation is to return the client to meaningful participation in his or her daily activities. The following are examples of conditions and injuries of the upper extremity (i.e., hand, wrist, elbow, shoulder girdle, rotator cuff, multiple joints) that are treated by occupational therapy practitioners.

Fractures	Tendon injuries and conditions
Amputations	(e.g., lacerations, tendonitis, ruptures)
Arthritis and rheumatic diseases	Nerve injuries and conditions (e.g., neuropathies, palsies, nerve repair)
Congenital anomalies	Pain (e.g., complex regional pain syndrome, fibromyalgia)
Crush injuries or trauma	Replantation and revascularization
Cumulative trauma	Wounds and scars
Carpal Tunnel Syndrome	
Dislocations and subluxations	
Ligament injury and instability	
Muscle strains, tears, and avulsions	

## EXERCISE ESSENTIALS

Try these exercises to relieve hand pain!



### Hand Tendon Glides

Start with an open hand, keeping your wrist straight. Curl your fingertips towards your palm, keeping your knuckle joints straight to make a “hook.” Move the knuckle joints and fingertips to a straight position, touching the tips of your fingers to your palm to make a “tabletop.” Finally bend all your finger joints to make a fist. Repeat 3-6 times.

## WHAT SHOULD I DO NOW?



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.



## HOW CAN OCCUPATIONAL THERAPY BENEFIT ME?

As a holistic, evidence-based profession, occupational therapy’s approach to rehabilitation goes beyond addressing upper extremity injuries in isolation to include the whole person and his or her functional needs and roles in all the appropriate environments. Occupational therapy practitioners also work closely with surgeons or treating physicians to ensure the most favorable therapeutic outcomes.

The American Occupational Therapy Association (AOTA) says it best when describing the vast importance of occupational therapy:

*“Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.”*

If you have been suffering from pain or injury, you can find relief and rehabilitation with us. At Hand In Hand Rehabilitation, we care about you and your recovery!

At your initial appointment, you will undergo a physical evaluation to determine your diagnosis and the root of your pain. Afterward, your treatment plan will be created, and you will work closely with your occupational therapist to regain function and get back to living your life without pain or discomfort. Our occupational therapy treatment plans include:

- An individual evaluation to determine patient goals.
- Customized intervention activities to improve daily tasks and activities for the patient.
- An “outcomes evaluation” to determine if your goals were met and to make changes to the plan, if needed.

If you are in need of orthotics, such as a brace, to improve your condition and make your daily life easier while you are recovering, your occupational therapist can also prescribe that for you. Additionally, occupational therapists can provide you with helpful patient education for improving technique and posture, in order to avoid further pain or injury in the future.

If your pain is limiting your daily life, don’t wait any longer to seek help. Contact Hand In Hand Rehabilitation today to schedule a consultation with an occupational therapist. We can help you begin your journey toward recovery, optimized function, and long-lasting relief.

# GET PLANTING!



## GARDENING INJURY PREVENTION TIPS FROM HAND IN HAND

**1. Wear gloves at all times** – Bacteria and fungus live in the soil and a small irritation or cut can develop into a major hand infection. Thick, leather or suede gloves may protect your hands from thorns, cuts and scrapes.

**2. Keep your hands and arms covered** – Be especially careful if you live in an area where you may disturb a snake, spider or rodent living in your garden. You will be better protected from poison ivy, insect bites and other common skin irritants that may inhabit a garden.

**3. Take a break every hour or switch to another activity** – Overuse of repetitive motions, such as digging, can cause tendonitis of the elbow or lead to carpal tunnel syndrome. Break up large tasks into short sessions, with a rest and stretch break between gardening sessions.

**4. Use a tool when digging into unfamiliar or new areas** – Buried sharp objects can cause tendon lacerations or punctures. Use the correct tool for the task at hand in order to avoid injury.

**5. Store your tools to prevent accidents** – Learn how to use and store your tools correctly to prevent accidents, and keep sharp tools out of the reach of children at all times. Also, make sure to put all tools away after use to prevent future injuries.

**6. Use wide handled tools** – Use tools with padded or thicker handles to protect the smaller joints in your hands. Working with your wrist in a more neutral or straight position will help to prevent injuries in the wrist and forearm.

**7. Avoid sustained/constant gripping and awkward motions** – Use both hands for heavy activities like lifting a bag of potting soil and alternate hands on more repetitive tasks like scooping dirt out of the bag into a pot. Sustained grip and repetitive motions can cause pain and lead to tendonitis.

**8. Plan ahead** – Use a basket or large handled container to carry supplies to the garden. The basket should be carried with both hands to distribute the workload equally and decrease stress in the joints of your upper body.

**9. Don't sit back on your knees** – Bending your knees this far is not only a hard position for the knee joint, but it requires you to push most of your body weight up with your hands and wrists, placing increased pressure on these joints as well. Instead, use a short gardening stool or bench.



## MEDITERRANEAN CHICKPEA SALAD

### Ingredients

- 2 Tbsp extra-virgin olive oil
- 3 garlic cloves, minced
- 1 Tbsp lemon zest
- 2 Tbsp lemon juice
- 3/4 tsp sea salt
- Freshly ground black pepper
- 1 1/2 tsp cumin seeds\*
- 2 cups cooked chickpeas, drained & rinsed
- 1 cup cherry tomatoes, halved
- 4 Medjool dates, pitted and diced
- 3 Persian cucumbers, sliced into thin half moons
- 1 cup chopped roasted red peppers
- 1/4 cup finely chopped parsley
- 3 ounces honey goat cheese (or similar)
- 1/4 cup fresh mint
- 1 cup chopped roasted chickpeas, (optional)

### Instructions

In a large bowl, combine olive oil, garlic, lemon zest, lemon juice, salt, and several grinds of pepper. In a skillet over medium-low heat, toast the cumin seeds until aromatic, about 30 seconds. Remove seeds from heat and crush (a mortar & pestle is easiest). Add seeds to the bowl and stir. Add the chickpeas, tomatoes, dates, cucumbers, red pepper, and parsley to the bowl and toss. Transfer to a serving platter and dollop with goat cheese, sprinkle with mint, and top with extra roasted chickpeas, if desired. Season to taste and serve.



**HAND IN HAND  
REHABILITATION, OT, PC**  
excellence • integrity • experience