



HAND IN HAND REHABILITATION, OT, PC

excellence • integrity • experience



PREVENT COOKING-RELATED OVERUSE INJURIES DURING THE HOLIDAYS

Happy Holiday Hands

*Enjoy The Holidays Pain-Free
With Hand In Hand!*

Be Thankful, Be Happier

*Being Grateful Is
Good For You!*

Happy Retirement!

*Joanne Petrunik, OTR, CHT,
is retiring*



PREVENT COOKING-RELATED OVERUSE INJURIES DURING THE HOLIDAYS

Do you cook or bake more during the holiday season than combined in the year? Although prepping and cooking may not seem strenuous to those looking on, anyone that has spent hours in the kitchen knows the work it takes to make a feast or dozens of cookies. At Hand In Hand Rehabilitation, our certified hand therapists and occupational therapists can help resolve any overuse-type injury you may have developed and, better yet, how to avoid one altogether!

As your cooking and baking workload piles up throughout the holiday season, you may find yourself pushing through some aches and pains to get the job done. Often, this is at the expense of your body, specifically your hands, forearms, and shoulders.

Fortunately, our team of certified hand therapists and occupational therapists can help identify the source of your pain and/or injury and work with you to resolve it. We can teach you how to make modifications or use protective splints, so you can safely return to your work without risking making it worse!

Request an appointment with Hand In Hand Rehabilitation today, and let us help you resolve any current problem and

give you the knowledge and strategies to prevent any issues this coming holiday season!

GETTING TO THE ROOT OF THE PROBLEM

Most elbow, wrist, or hand pain during the holiday season is related to overuse-type injuries. Although you can suffer an acute injury from a fall or some traumatic event, the more common problems stem from improper technique, using the wrong tool/equipment, or simply doing too much repetitive work in a short period of time.

Repetitive stress injuries in the upper body affect the muscles, tendons, nerves, and ligaments. Symptoms are usually described as tenderness, stiffness, or even tingling in the affected area. No matter the quality of the symptoms, your body is telling you that something is wrong, and the sooner you get help, the sooner you get relief.

The most causes of overuse-type injuries from cooking/baking include:

- Incomplete rehabilitation of an old injury
- Improper technique and/or improper equipment usage
- Poor postural habits



ENJOY THE HOLIDAYS PAIN-FREE WITH HAND IN HAND!

- Prolonged and repetitive movements and positions
- Improper workstation setup

Many painful conditions such as tendinitis, carpal tunnel, and arthritis get worse from repetitive prepping and cooking/baking tasks throughout the holiday season. Take a minute to consider how many times your finger, wrist, elbow, and shoulder joints move to cut, mix, chop and stir in an average day of cooking; now multiply that by 100 to get an idea of how repetitive it can get throughout the holiday season.

TIPS TO PREVENT OVERUSE INJURIES

The key to prevention is knowing how to reduce the strain on your joints, muscles, and tendons. Our occupational therapists and certified hand therapists can teach you some strategies to minimize the strain and help you prevent pain and injuries.

Start with good posture: How you hold your body can determine how effectively you use your upper extremities. Slouching postures will put more strain on the spine, of course. Believe it or not, poor posture also affects the upper extremities.

When standing or sitting, try to maintain a tall posture. Imagine a string gently pulling you upwards through the top of your head. This brings your spine and center of gravity into a natural position that allows your shoulders and arms to move more freely.

Avoid staying in one position for long periods: For some cooks/bakers, the focus needed to get the job done leads to standing in the same position for hours each day. Moving

and changing positions or tasks can prevent overloading the joints, muscles, and tendons, reducing or eliminating the risk of an overuse injury.

Plan ahead so you can alternate tasks, move around to different workstations every 30-45 minutes, and stretch your upper back, shoulder, forearms, and hands as you move from one station to the next.

Prepare your workstations before you start working: Be aware of your elbows' position when working on a counter or table. Ideally, it would help if you had a 90-degree angle or less in your elbow bend.

One of the most important steps to minimize your risk of injury is to stop when you have pain, especially when the pain is getting worse and worse. When people attempt to ignore and push through pain, the result is a delayed recovery!

Fortunately, at Hand In Hand Rehabilitation, our certified hand and occupational therapists are highly skilled at treating all upper extremity repetitive stress-type injuries. We'll identify the factors contributing to your condition and help you resolve it sooner than later!

REQUEST AN APPOINTMENT TODAY!

At Hand In Hand Rehabilitation, our certified hand therapists and occupational therapists can help resolve any overuse-type injury you may have developed or, better yet, how to avoid an injury altogether!

Call today to schedule an appointment with one of our specialists, and let us help you prepare for this coming holiday cooking and baking season!



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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



BEING GRATEFUL IS GOOD FOR YOU!

GRATITUDE AND HEALTH

Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors.

In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

GRATITUDE AND JOY

Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. "I think gratitude allows us to participate more in life," he says. "We notice the positives more, and that magnifies the pleasures you get from life."

Consider the last time you had a good cup of coffee—did you pay attention to the warmth of the cup on your hands, or the feeling of pleasure as you took the first sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

GRATITUDE AND RESILIENCE

Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Thankfulness for the small blessings help you maintain your humanity despite experiencing a tragedy or loss. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.



HAPPY RETIREMENT, JOANNE!

Joanne Petrunik, OTR, CHT, a much loved member of our NYC Team, is retiring!

May you be proud of the work you have done, the wonderful person you are and the countless lives you have touched. We wish you all the best!

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 thanksgiving

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

Your trust in our care means a great deal and we're appreciative.