



HAND IN HAND REHABILITATION, OT, PC

excellence • integrity • experience



DON'T LET HAND PAIN RUIN THE HOLIDAYS!

Enjoy The Holidays!

Find pain relief with Hand
In Hand

Holiday Hand Safety

Tips for keeping your hands
safe this holiday season

Share The Love

Share the benefits of hand
therapy with a friend



DON'T LET HAND PAIN RUIN THE HOLIDAYS! **REPETITIVE STRESS INJURIES & HOW TO TREAT THEM**

Have your hands been bothering you lately? Do they feel stiff and sore when you're trying to accomplish daily tasks? Are you experiencing shooting, stabbing pains in them at times? None of this sounds fun to go through, especially with the holidays right around the corner.

Having healthy, functioning hands is important if you want to get through the holidays without a hitch! You're busy wrapping gifts, hanging decorations, and baking yummy goodies for family and friends. It's also worth mentioning that the weather is a bit chillier than normal, so any pain you might be experiencing in your hands can be made worse by the temperature drop!

If you're experiencing pain in your hands, the skilled hand and occupational therapists at Hand In Hand Rehabilitation can help you to return to functioning independently in time for you to enjoy this holiday season with your loved ones. Give us a call today to set up an appointment!

COMMON REPETITIVE STRESS INJURIES

Repetitive stress injuries are fairly common in patients, especially those that we see around this time of year! Two

conditions that Hand In Hand Rehabilitation treats often are tendonitis and overuse injuries.

Tendonitis

Tendons are bands of durable collagen fibers; their role is to connect muscles to bones and help facilitate proper anatomical movement and support. The suffix "-itis" is a telltale clue that tendonitis is primarily an issue of inflammation!

When something stresses or overloads the tendons, small microtears in the tend fibers can occur, leading to tissue damage, inflammation, and pain, and related symptoms.

Tendonitis can affect tendons all over the body, but when it occurs in the hand or elbow, basic daily tasks like writing, grooming, and even opening doors and jars can become challenging.

This painful condition is common among people who perform a lot of repetitive movements with their hands. They may lift, move, or manipulate objects too frequently or too quickly, or may lift objects which are too heavy relative to their general physical capacity.



FIND PAIN RELIEF WITH HAND IN HAND

Symptoms of tendonitis

The symptoms of tendonitis are fairly easy to spot. Common symptoms in an area of the elbow or hand affected by tendonitis include:

- Swelling
- Pain with movement or when the affected area is at rest
- Tenderness
- Decreased ability to grip items
- Decreased ability to lift, move, turn, or manipulate objects
- Feeling/sound of popping and clicking (common with tendonitis of the fingers and hands)

HOW CAN A THERAPIST HELP?

Hand and occupational therapy can be extremely beneficial if you're struggling with tendonitis.

Hand therapy addresses symptoms and root causes of inflammation and tendon damage. In this way, relief is more thorough and longer-lasting.

There are several ways a Hand In Hand Rehabilitation therapist may choose to relieve your symptoms of tendonitis. Early in your treatment, therapeutic exercises may be used to facilitate tissue healing, reduce inflammation, and (later in the recovery process) improve the strength of the muscles in the elbow, forearm, and hand.

Electrical stimulation is another method by which tendonitis pain can be relieved. This works by stimulating different sensory receptors and blocking noxious signals sent via the nervous system. You may benefit from therapeutic ultrasound, which uses sound waves to accelerate tissue healing, increase local circulation, and reduce scar tissue formation.

Your therapist may suggest certain lifestyle and ergonomic changes, to improve your body mechanics and prevent repetitive tissue damage. Splinting and bracing are also options to temporarily immobilize and/or support injured tendons as they heal.

AVOIDING REPETITIVE STRESS INJURIES

With the holidays fast approaching, many of us find ourselves slaving away in the kitchen in preparation for our holiday feasts. Hand In Hand Rehabilitation would like to keep you and your hands safe during this holiday season with the following tips:

When lifting & carrying remember to:

- Keep items close to your body to decrease stress on your elbows and shoulders
- Use larger joints to carry items to decrease stress on the small joints of your hands

Utilize tools to decrease demands on your hands:

- Use equipment to assist for tasks such as opening jars/bottles
 - Utilize a Y shaped tool and/or electric openers to assist with opening jars and bottles
 - Utilize scissors to open food packages
- Find utensils and cookware that have larger and easy to grasp handles to decrease demands on the small joints of the hands
- Use easy to open canisters as able for commonly used items
- Use oven mitts rather than towels or heating pads to protect against burns on hands and forearms

All of us at Hand in Hand Rehabilitation hope that these tips will come in handy and keep your hands safe this wonderful holiday season! Don't let a preventable injury ruin your holidays! If you do find yourself with a nagging pain or injury, please call us to schedule an appointment!

HOW CAN A HAND THERAPIST HELP ME TO FEEL BETTER?

Treatment for repetitive stress injuries can be surgical or conservative (non-operative). Surgical intervention might be recommended for severe symptoms lasting six months or longer.



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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

The good news is that most patients do not need surgery and can be successfully treated conservatively!

A hand therapist can provide conservative treatment for most overuse injuries. Your Hand In Hand Rehabilitation therapist can help you to figure out which of your daily activities aggravate the symptoms and help with activity modification. Rest, ice, splinting, and elevation may be used to treat this condition as well as guided exercises to strengthen the hand and protect against future injury.

CALL US TODAY FOR HELP

You deserve to enjoy the holidays with the ones you care about without worrying about pain in your hands. The skilled occupational and hand therapists at our clinic are here to ensure that your dream can be a reality for you. So what are you waiting for? Give us a call today and let us help you enjoy this season to the fullest!

Enjoy the holidays pain-free! 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.

HOLIDAY HAND SAFETY

Don't let your turkey day celebrations go fowl this year because of a hand injury. Follow these easy tips and get your bird on the table in time so guests can start gobbling.

- Never cut towards yourself. One slip of the knife can cause a horrific injury. While carving a turkey or cutting a pumpkin your free hand should be placed opposite the side you are carving towards. Don't place your hand underneath the blade to catch the slice of meat.
- Keep your cutting area well-lit and dry. Good lighting will help prevent an accidental cut of the finger and making sure your cutting surface is dry will prevent ingredients from slipping while chopping.
- Keep your knife handles dry. A wet handle can prove slippery and cause your hand to slip down onto the blade resulting in a nasty cut.
- Keep all cutting utensils sharp. A sharp knife will never need to be forced to cut, chop, carve or slice. A knife too dull to cut properly is still sharp enough to cause an injury.
- Use an electric knife to ease the carving of the turkey or ham.
- Use kitchen shears to tackle the job of cutting bones and joints.
- Leave meat and pumpkin carving to the adults. Children have not yet developed the dexterity skills necessary to safely handle sharp utensils.
- Lastly, should you cut your finger or hand, bleeding from minor cuts will often stop on their own by applying direct pressure to the wound with a clean cloth. Visit an emergency room or a hand surgeon: If continuous pressure does not stop the bleeding after 15 minutes or you notice persistent numbness or tingling in the fingertip, present to your local urgent care or ER, or call 1-877-DR-STITCH to be evaluated by one of the expert plastic surgeons at Long Island Plastic Surgical Group. The Dr. STITCH service is available 24/7.



SAY GOODBYE TO HAND PAIN! 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.



We Are Thankful!

We are thankful to have the opportunity to work with our patients and to help them get better! Thank you for letting us be a part of such a wonderful community!

— HAPPY —
thanksgiving

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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