



HAND IN HAND REHABILITATION, OT, PC

excellence • integrity • experience



**HAVE YOU SUSTAINED AN UPPER
EXTREMITY INJURY THIS SUMMER?**

THERAPY CAN HELP!

Get In The Game

*Don't let summer sports
injuries keep you on the bench*

Start Living Pain-Free!

*What hand therapy can
help you with*

Share The Love

*Share the benefits of hand
therapy with a friend*



HAVE YOU SUSTAINED AN UPPER EXTREMITY INJURY THIS SUMMER? THERAPY CAN HELP!

Do you play summer sports?

Hand In Hand Rehabilitation offers specialized occupational therapy and hand therapy to help our patients in need who have sustained hand or upper extremity injuries through summer sports or activities. If you've sustained an injury, our therapists can help you get back on the court or field, feeling better than ever.

Call our clinic today schedule an appointment to receive our therapeutic services, and in the meantime, keep reading to learn more about common injuries and how therapy can help.

WHAT IS UPPER EXTREMITY PAIN?

Upper extremity pain resides in the hands, arms, wrists, and elbows. We use these body parts constantly, whether we're working, playing, or even just relaxing. Our upper body has a big job to do, and it can't perform the way it's supposed to if you're experiencing pain and joint stiffness in any of these areas!

Common issues that can lead to joint, elbow, hand, and/or wrist pain include:

- Poor posture

- Bursitis, which occurs when the fluid-filled sacs (bursae) in the elbow become inflamed
- Heavy lifting
- Athletic injuries such as tendinitis, carpal tunnel syndrome, or tennis elbow
- Work injuries
- Muscle sprain
- Muscle strain
- Dislocation or hyperextension of the joints

If you're experiencing pain and discomfort in your upper extremities, it's important to have your condition assessed by a professional at Hand In Hand Rehabilitation.

CARPAL TUNNEL SYNDROME

Do your hands, wrists, or forearms ache on a daily basis after sports practice? Do you tend to feel painful stings with arm, hand, or wrist movement? If so, you may be suffering from carpal tunnel syndrome.



DON'T LET SUMMER SPORTS INJURIES KEEP YOU ON THE BENCH

The carpal tunnel is a narrow channel, about the width of your thumb, located on your wrist under the palm. It protects the median nerve, as well as the tendons you use to bend your fingers. When excessive pressure is put on the median nerve, it causes crowding and irritation of the carpal tunnel, making it difficult for it to do its job. This, eventually, is what leads to carpal tunnel syndrome.

Carpal tunnel syndrome is a condition that can cause numbness, stiffness, or pain that can radiate through your fingers, hands, wrists, or forearms. This happens when too much pressure is put on your median nerve, located at the base of your palm. Our clinic often sees athletes with this condition who regularly apply a lot of pressure to their wrists while playing their sport.

TENNIS ELBOW

Tennis elbow is an overuse injury that results in inflammation of the tendons in the forearm, making it difficult to lift and

move the arm. While it is commonly caused by the sport of tennis, it can also be caused by other sports and activities, including softball, baseball, raking leaves, and even excessive typing on a computer. The name implies specificity to the elbow; however, pain may be felt throughout the entire upper extremity.

TENDINITIS

Every bone in the body is connected with muscular fibers called tendons. The tendons are flexible, allowing the body to move freely by letting bones stretch apart or move in one direction or another. Tendinitis occurs when the tendons become inflamed, which can result in swelling and pain, especially with the movement of the affected area.

Tendinitis is known as an overuse injury that many pitchers sustain, and tennis players may experience this condition in their elbow or shoulder.



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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

HOW CAN HAND THERAPY HELP YOU?

If you're recovering from a sports-related injury or upper extremity pain, a hand therapist at Hand In Hand can help you to regain and maintain as much strength and range of motion as possible.

Hand therapists provide safe and conservative methods to help treat pain in your elbows, hands, and joints, whether it's caused by carpal tunnel syndrome or another injury. Your hand therapist can help you identify the best methods of treatment for your specific needs and design an individualized treatment plan accordingly. They can also help you identify the best range of motion and strength-building activities to reduce your likelihood of worsening your condition or developing it again in the future.

The goal of hand therapy is to help you return to your normal work, home, and sports activities, free of pain in your hands and upper extremities. Your hand therapist can help identify what activities might be aggravating your symptoms and will discuss any activity modifications you may need to make.

HOW CAN OCCUPATIONAL THERAPY HELP?

Our clinic's occupational therapy services offer a safe, effective, and non-invasive treatment option that is designed to relieve pain resulting from a wide range of musculoskeletal conditions, summer sports injuries, workplace injuries, overuse injuries such as tendinitis, tennis elbow, and more.

A Hand In Hand occupational therapist's goal is to show you new ways to comfortably do things you've been unable to do because of pain. For example, if you develop a sports injury from playing golf or tennis, pain can keep you from comfortably being able to perform the way you normally would. An OT can help you to heal and learn proper ways to move during your game to prevent future injuries from occurring.

CALL OUR CLINIC TODAY FOR AN APPOINTMENT

If you've sustained any of these injuries while playing a summer sport, know that help is available to you! Hand In Hand's ultimate goal is to help you get back to performing at the top of your game this season, so call us today for an appointment!

Suffering from hand pain this summer? We can help! Schedule your appointment today to return to living a pain-free life! 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)

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.

HAND IN HAND'S TEAM IS GROWING!

We Are Currently Hiring For The Following Positions:

- Patient Care Coordinator | (Long Island Location)
- Certified Hand Therapist | (Long Island Location)
- Occupational Therapist | pending CHT | (Long Island Location)

For more information, email Debbie at:

debbie@handinhandrehabilitation.com

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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