



HAND IN HAND REHABILITATION, OT, PC

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THE BENEFITS OF HAND THERAPY FOR UPPER EXTREMITY PAIN

Stop Living With Pain

*Find Pain Relief With
Custom Orthotics*

Halloween Safety

*Pumpkin carving tips to
keep you safe this season*

Share The Love

*Share the benefits of hand
therapy with a friend*



THE BENEFITS OF HAND THERAPY FOR UPPER EXTREMITY PAIN

Have you recently sustained an injury to your hand, wrist, elbow, or shoulder? Is it causing you a great amount of pain or resulting in an inability to perform your normal daily tasks and activities?

Hand therapy is one method of treatment for conditions such as these. If you're struggling to accomplish things without pain in your upper extremities, contact a hand therapist at Hand In Hand Rehabilitation to schedule an appointment with one of our therapists!

WHAT IS HAND THERAPY?

In general, hand therapy focuses on the biomechanical issues of upper-extremity conditions. It's a patient-centered approach that addresses the needs of the patient, such as being able to lift objects, open a jar, or button a shirt. It focuses on treating orthopedic upper-extremity issues to optimize the functional use of the arm and hand.

Typical conditions that affect the hand are:

- Sprains
- Strains
- Burns and scarring
- Rotator cuff tears
- Distal radius fractures
- Radial nerve palsy

- Lacerations
- Amputations
- Tendonitis,
- Carpal tunnel syndrome,
- Fractures
- Rheumatoid arthritis.

Hand therapy at Hand In Hand Rehabilitation can decrease nerve sensitivity after an injury or trauma, provide sensory re-education, and can also help someone to return to work after an injury. This method of treatment involves the design and implementation of home exercise programs to increase motion, dexterity, and/or strength.

A hand therapist can also help to train you in the performance of daily life skills through adapted methods and equipment.

BENEFITS OF HAND THERAPY AT HAND IN HAND REHABILITATION

Besides finally finding the pain relief you deserve, there are several benefits to receiving hand therapy at our clinic. Hand therapy is a safe and natural conservative form of occupational therapy that can provide:

- Customized splint fabrication for prevention or correction of injury
- Desensitization following nerve injury or trauma



FIND PAIN RELIEF WITH CUSTOM ORTHOTICS

- Sensory re-education after nerve injury
- Management of acute or chronic pain
- Design and implementation of home exercise programs to increase motion, dexterity, and/or strength
- Training in the performance of daily life skills through adapted methods and equipment.
- Conditioning prior to returning to work

Hand therapy is a preventative, non-operative, and conservative treatment option for pain conditions. It allows a person to avoid having to depend on medication for pain relief. It can also teach you how to manage your own acute or chronic pain at home on your own as well!

WHAT SHOULD I EXPECT WITH HAND THERAPY?

A hand therapist typically uses manual techniques to manipulate the affected arthritic area, in order to release tension, swelling, and pain. Through the use of massage and hands-on treatments, patients can find significant improvement - sometimes after just one session!

In some cases, additional techniques, such as ice and heat therapies, ultrasound, or electrical stimulation may also be used as part of your treatment plan, in order to manage your pain and keep symptoms at bay.

Our hand therapists at Hand In Hand Rehabilitation will conduct a physical evaluation to examine the current levels of mobility in your upper extremity. From there, they will design a personalized treatment plan that will help relieve pain, improve your range of motion, and increase strength in your hands and/or other affected areas in your upper body.

CUSTOM ORTHOTICS FOR HAND PAIN

Custom braces can help with the alignment of joints, muscles, tendons, and ligaments, allowing for optimum healing. By working closely with one of our highly trained hand therapists, you can be confident that you have the proper brace for facilitating healing and protecting your hands during everyday tasks.

Our clinic can create a custom orthotic specifically for your needs. We offer a wide range of orthotics for the hands, aimed at articulating and immobilizing, to help aid in pain management during certain activities. Many people with chronic conditions, such as arthritis, have found success and relief with our orthotic devices.

READY TO FIND LASTING, TRUE RELIEF FOR YOUR DISCOMFORT?

If you're experiencing limited range of motion in your hands or you are finding it difficult to perform daily tasks due to aches and pains, it's time to consult with a professional at Hand In Hand Rehabilitation. There is no reason to live with discomfort, especially not in a body part you rely on as heavily as your hands!

Call our clinic today to schedule an appointment with one of our licensed, skilled occupational hand therapists. We'll be more than happy to take a look at your condition and help you devise a plan of action to find relief, once and for all.

Are you ready for the Fall season? 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.



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PUMPKIN CARVING SAFETY TIPS

STAY SAFE WHILE CELEBRATING!

Halloween is one of the top three holidays that produce the most emergency room visits each year. Finger and hand injuries account for the greatest proportion of injuries on Halloween. Pumpkin carving can be a dangerous activity, so stay safe this Halloween with these tips.

How to prevent carving injuries

1 Clean Carving Area

Be sure your carving space is clean, dry and well-lit. Your hands should be dry, as should all of your tools.

2 Adult Supervision

Adults should always do the actual carving. Let the children draw an outline on the pumpkin and clean out the pulp.

3 Sharper Isn't Better

Super sharp knives can get stuck in the pumpkin and be difficult to pull out. Instead, use a serrated pumpkin saw from a carving kit.

5 Explore Alternatives

Pumpkin decorating kits are safe and equally fun.

4 Proper Technique

Always carve away from the body, not toward the body, in case of a slip. Carve slowly and steadily.

What's in a carving kit?

Hand surgeons recommend using only the tools provided in a carving kit for your pumpkins.



Stencils



Carving Saws



Scoops

Learn more about staying safe this Halloween at www.HandCare.org.



ASSH | American Society for Surgery of the Hand

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.

Tips From A Hand Specialist

Dr. Brian Pinsky, specializing in Hand Surgery with the Long Island Plastic Surgical Group, emphasizes the importance of adult supervision for children while carving pumpkins.

Make sure you cut away from your body and not towards your hand. If you do sustain an injury to your hand, please seek proper medical attention.

You can present to your local urgent care or ER, or call 1-877-Dr. Stitch to be evaluated by one of the Board Certified Plastic Surgeons at the Long Island Plastic Surgical Group.



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!

516.333.1481 (Long Island)
212.472.1000 (Manhattan)

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SAY GOODBYE TO HAND PAIN! CALL US TODAY!

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