



# HAND IN HAND REHABILITATION, OT, PC

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## FIND RELIEF FOR YOUR WRIST SPRAINS & STRAINS

**HAND THERAPY CAN HELP YOU ACCOMPLISH  
PAIN-FREE DAILY ACTIVITIES ONCE AGAIN!**

### ***Avoid Injuries***

*Keep Your Hands safe & Injury-Free This Summer!*

### ***Cook Out Tonight!***

*Healthy Grilling For Arthritis Sufferers*

### ***Share The Love***

*Share the benefits of hand therapy with a friend*



# FIND RELIEF FOR YOUR WRIST SPRAINS & STRAINS

## **HAND THERAPY CAN HELP YOU ACCOMPLISH PAIN-FREE DAILY ACTIVITIES ONCE AGAIN!**

Have you noticed swelling or pain in your wrist that makes it difficult for you to do daily tasks with ease? Chances are you've suffered from a sprain or strain. Sprains and strains to the wrist can hinder your ability to accomplish daily tasks with ease.

### **WHAT'S THE DIFFERENCE BETWEEN A SPRAIN AND A STRAIN?**

Before understanding how hand therapists can treat your sprain or strain, it is important to understand exactly what the difference is between the two.

A sprain happens when a ligament (the tissue that connects one bone to another) is stretched or torn. A sprain can also happen when there is damage to a joint capsule, or the part of the wrist that adds stability to the joint. Symptoms of sprains include pain, inflammation, muscle spasm, and sometimes an inability to move your wrist.

While sprains happen when there is damage to a ligament, strains happen when there is damage to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts while it is stretched, such as falling on an outstretched arm. The symptoms of strains are similar to those associated with sprains, making

them difficult to tell apart without doing a hand therapy examination.

### **HOW DO I KNOW IF I HAVE A WRIST SPRAIN OR STRAIN?**

It can be confusing to determine whether your pain is a result of a sprain or a strain without having a professional assess your condition. Your doctor can diagnose a hand, elbow, or wrist strain or sprain. During a clinic visit, your doctor will perform a physical exam and take a full medical history. They will also rule out the possibility of breaks or fractures. In some cases, your doctor will order imaging tests to determine what is causing your pain, such as MRIs or X-rays.

Some symptoms you may experience with either of these wrist injuries are as follows:

- Sharp or stinging pains in your wrist
- Uncomfortable “clicking” sounds with movement
- Dull pain that runs alongside your arm
- Sudden arm weakness
- Inability to use the affected muscle



## KEEP YOUR HANDS SAFE & INJURY-FREE THIS SUMMER!

Wrist sprains and strains are also common as a result of workplace injury and overuse. While it is sometimes possible to take action to prevent an injury from developing, it is especially important to be able to recognize when an injury develops and to understand ways that you can combat that injury by identifying what may have caused the pain to develop in the first place.

### **MANY THINGS CAN INCREASE YOUR CHANCES OF SUSTAINING A WRIST INJURY.**

**Sports** — If you play sports or do activities that require the repetitive use or motion of your hand and wrist, you risk developing a sprain or strain.

**Increase in physical activity** — Adopting a new routine your body isn't used to or prepared for can increase your chances of getting hurt.

**Falls** — People who are at a greater risk of falling, such as elderly patients, are also prone to sustaining an injury in their wrist.

**Previous injury** — If you have previously injured a muscle, tendon, or ligament in your wrist, you're much more likely to develop a sprain or strain.

There's nothing you can do to prevent every kind of wrist injury, however, there are ways you can avoid experiencing severe pain:

- When starting a new exercise routine, you increase the intensity level gradually.
- Choose levels, flat surfaces for running or exercise.
- Eat a healthy diet to help avoid bone loss.

- Make sure you wear the proper equipment required for certain activities.
- Vary your physical activities to avoid repetitive motion and overuse.
- Do not continue to exercise with a hand, elbow, or wrist that is swollen or painful.

### **GET RELIEF FROM YOUR PAIN WITH HAND THERAPY**

A hand therapist can help heal your sprain or strain and can help you strengthen your muscles in order to accommodate for your lifestyle and physical activity. This will help make frequent daily chores, as well as strenuous, repetitive motions, much easier for them to accomplish.

Your hand therapist can also provide manual techniques for relief, such as targeted massage, pressure, and stretching of the affected area(s) to keep muscles loose and to relieve inflammation.

At Hand In Hand Rehabilitation, our experienced hand therapists have treated many different wrist sprains/strains and they can get you back to living your pain-free life as quickly as possible. If you've sustained a sprain or strain to the wrist and you're looking for help, rest assured that a solution to your problem exists.

***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](http://HandInHandRehabilitation.com).***



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# HEALTHY GRILLING FOR ARTHRITIS SUFFERERS



## MAIN DISHES

*Instead of greasy burgers, brats and hot dogs, try ...*

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

## CONDIMENTS

*Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try ...*

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

## SIDE DISHES

*Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...*

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

## 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](mailto: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!

**516.333.1481 (Long Island)**  
**212.472.1000 (Manhattan)**

[HandInHandRehabilitation.com](http://HandInHandRehabilitation.com)

## SAY GOODBYE TO HAND PAIN! CALL US TODAY!

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**212.472.1000 (Manhattan)**

