



**HAND IN HAND
REHABILITATION, OT, PC**

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Health & Wellness

NEWSLETTER



FIND RELIEF FOR YOUR ARTHRITIS PAINS WITH HAND THERAPY AND CUSTOM ORTHOTICS

Arthritis pain in your hands can make it difficult to perform daily activities. Whether it's brushing your hair, driving a car, or typing at a computer, you use your hands hundreds of times throughout the day! This can make it extremely difficult when living with arthritis, which limits your ability to move freely.

If you are living with arthritis, you're not alone. In fact, there are over 100 different types of arthritis that people are diagnosed with. Arthritis pain is directly correlated to the limitation of mobility in your joints, muscles, ligaments, and tendons. The more freedom of movement in your joints, strength in your muscles, and improved circulation, the less you will be affected by arthritic inflammation and pain.

Hand arthritis can be successfully relieved with the help of our certified hand therapists and, when needed, custom orthotics. For more information on how hand therapy and custom orthotics can help relieve your arthritis pains, contact Hand In Hand Rehabilitation today!

Hand therapy for arthritis relief

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.

Perhaps one of the biggest roles of a hand therapist, however, is prescribing targeted stretches and exercises. These will be dependent upon the type and severity of your arthritis, and will focus on improving the range of motion, strength, and overall function of your hands, so you can safely and comfortably perform your daily activities once again. A large part of hand therapy is helping patients regain their independence in day-to-day tasks and improving their

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SAY GOODBYE TO OSTEOARTHRITIS PAIN!

quality of life. Because of this, our certified hand therapists are also more than happy to prescribe custom orthotics to help with your hand arthritis as needed.

How can custom orthotics benefit me?

Depending on the severity of your condition, there are a multitude of different braces that may help in making daily activities easier to perform. 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.

At Hand In Hand Rehabilitation, we 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.

Our hand therapists 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 and custom orthotic that will help relieve pain, improve your range of motion, and increase strength in your arthritic hand(s).

Get started today!

If arthritic pains in your hands have been making daily life difficult for you, contact Hand In Hand Rehabilitation today to schedule a consultation. Don't suffer in silence – take the steps to relieve your pain and improve your function today! We will determine if custom orthotics could be beneficial to you, and we'll get you started on the path toward long-lasting relief!



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HAPPY
Valentine's
DAY

**WE LOVE OUR CLIENTS! THANK YOU
FOR TRUSTING US WITH YOUR CARE.**

4 TIPS FOR BETTER HEART HEALTH

Taking action and maintaining a healthy lifestyle will assist you in making sure your heart is healthy. When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. Plaque forming in your arteries is the cause of heart attacks and strokes.

Here are 4 simple ways you can make sure your heart continues to perform at its best:

- 1. Exercise to increase your heart rate:** Walking and biking around your area regularly can help you raise your heart rate. Exercising regularly can help you lose weight, reduce your stress and improve your mood.
- 2. Participate in strength training:** Strength training is one of the most effective injury-prevention strategies for the body and heart. Your therapist can help you develop safe strength-training techniques.
- 3. Maintain mobility of the joints and muscles:** Regular stretching and mobility work keeps you active and makes you feel better. The more active you are, the healthier your heart is! Knowing the right workouts and therapies for your joint and muscle health will help you feel better and enhance your overall function.
- 4. Eat healthy meals:** Nutrition plays a huge role in heart health. Plant-based foods, whole grains, lean meats, and healthy fats like fatty fish and olive oil should all be in your diet. Fried foods, trans fats, processed foods, and added sugar should all be avoided.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your therapy story and leave your review. We look forward to hearing from you!

★ MANHATTAN

★ LONG ISLAND

HandInHandRehabilitation.com

EXERCISE ESSENTIALS

TOWEL LATERAL PINCH

Use this exercise to relieve hand pain



Hold a small folded towel in between your thumb and the side of your index finger with your thumb on top. Squeeze the towel by pressing your thumb downward. 3 sets, 10 reps, 2 seconds hold.



Always consult your occupational therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

VITAMIN BURST SMOOTHIE

- 1 cup fresh orange juice
- 1/2 cup milk (coconut, almond, or substitute plain or vanilla yogurt)
- 1/2 cup frozen strawberries
- 1/2 cup mango
- 1/2 cup pineapple
- 1 tsp freshly minced ginger (or more to taste)
- Optional: 1-2 tsp raw honey; a handful of fresh baby spinach; 1-2 tbsp almond butter



Add the ingredients to a blender and blend on high speed until completely smooth, scraping down the blender as needed. Add a drizzle of honey or extra ginger to taste, pour into glasses, and enjoy. Bursting with healing Vitamin C, this hydrating smoothie will increase the infection-fighting ability of your immune system.

Source: fountainavenuekitchen.com/recipe/immunity-boosting-smoothie



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