



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

excellence • integrity • experience

Health & Wellness

NEWSLETTER

DON'T HURT YOUR HANDS TRYING TO ACHIEVE YOUR NEW YEAR'S RESOLUTIONS

Is your New Year's resolution to get back into the gym to get healthy and fit? Have you been dealing with pain or an injury and looking for guidance to ensure you are on the right path?

New Year's resolutions are notoriously ineffective for most people. Too often, people start their resolutions without guidance and support from people who can help ensure their plans are realistic. Without proper guidance, people use gym equipment incorrectly, try to progress too fast, and wind up with pain or an injury.

Fortunately, our occupational therapists and certified hand therapists at Hand In Hand Rehabilitation can help resolve any upper extremity pain or injury. We'll work to ensure you stick with your resolutions and get your desired results!

Call today to request an appointment with one of our therapists!

Listen to what your body is telling you

Our occupational therapists (OT) and certified hand therapists (CHT) at Hand In Hand Rehabilitation specialize in identifying the source of pain and injuries to muscles, tendons, cartilage, and ligaments. Our goal is to help clarify your body's messages so you can tell when it's safe to exercise and when it's time to get treatment.

One of the most obvious clues our body gives us about an injury is pain, but the pain is also our body's way of alerting us to a potential problem. Unfortunately, the message pain is sending is only sometimes straightforward to interpret.

For example, research studies have shown that pain intensity is affected by emotions, psychological states, nutrition, sleep (or lack of sleep), culture, and many other factors. Fortunately, our OTs and CHTs are highly skilled at identifying and clarifying the clues your pain sends.

There are some other telltale signs that you are dealing with something more serious or an actual injury that needs an evaluation sooner than later. Contact Hand In Hand Rehabilitation to get a consultation if you have any of the following signs and symptoms:

- New and/or persistent swelling
- Regression of function (loss or difficulty with activity and/or mobility previously performed)
- Significant loss of joint range of motion
- Noticeable weakness (new or worsening)
- Obvious deformity or bruising
- Any sleep disturbance related to injury/condition



TAKE CHARGE OF YOUR HAND HEALTH!

Waiting to see or hoping it goes away can complicate things and make a small problem become bigger and/or several different problems. As occupational therapists and certified hand therapists, we understand the clues the body is telling us and use this information to identify the severity of the condition and how long it will likely take to resolve fully.

What To Expect At Your Sessions

There are some important considerations when starting or resuming an exercise program. Our OTs and CHTs are experts who guide people through rehabilitation and beyond. We will steer you in safe, effective ways to get in shape!

Our therapists will thoroughly evaluate, including a detailed history and physical examination. We want to get to know you during this evaluation and discuss what is important to you, including your resolutions and the things you would like to resume, including work duties or sports activities.

We will assess your range of motion, strength, agility, and coordination during the physical examination. Another critical assessment aspect is testing your sensations and ensuring the nerves function correctly. We will then analyze all the information and design a treatment program specific to your problem and goals.

Our team will use targeted hands-on techniques to increase joint and soft tissue mobility. We will incorporate strategies to ensure your outcomes, like fabricating custom splints and braces. We also recommend the following:

1. Always use proper form: Understanding how to perform an exercise properly can be the difference between

results and injury; get appropriate guidance.

- 2. Start slowly:** It is important to start with baby steps; pushing too far too fast only leaves you more prone to injuries.
- 3. Focus on healthy habits instead of what the scale says:** Making changes to your health means taking a whole-body approach, including proper nutrition, learning stress management strategies, and getting adequate sleep to go along with your exercise routine.
- 4. Start with your goals and plan your day around them:** Small modifications to your daily routine can make a big difference to your overall health.

Remember that when getting back into an exercise routine, it is important to get proper guidance, have realistic expectations, and remember to focus on lifestyle changes for lasting health and well-being.

Request An Appointment Today!

If you've been looking for proper guidance on how to get back in shape, our occupational therapists and certified hand therapists at Hand In Hand Rehabilitation can help you achieve your goals! Contact us today to set up an appointment with one of our specialists!

Sources:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796229/>
- <https://www.aafp.org/afp/2009/0901/p491.html>
- <https://pubmed.ncbi.nlm.nih.gov/19418366/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5838697/>
- <https://www.ncbi.nlm.nih.gov/books/NBK470462/>

4 HEALTH TIPS FOR THE NEW YEAR

- 1. Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.
- 2. Schedule Your Exercise.** Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.
- 3. Skip the Baking.** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.
- 4. Hydrate.** Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

EXERCISE ESSENTIALS

AROM FINGER FLEX/EXTEND HAND

Use this exercise to improve hand range of motion



Hold hands in front. Begin with fingers straight and spread apart. Close hands into a fist. Open and spread fingers. Repeat 20 times, 3 sets.



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

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

HEALTHY RECIPE

5-MINUTE EGG AND HUMMUS FLATBREAD

- 1 tbsp hummus
- 1 whole grain wrap
- 1/4 cup baby arugula
- 1/2 English cucumber, cut into matchsticks
- 1/2 cup cherry tomatoes, halved
- 1/8 cup Greek feta, crumbled
- 1 soft-boiled egg, peeled, halved
- 1 tbsp chopped fresh Italian parsley leaves



Spread the hummus over the wrap. Top with the arugula, cucumber, tomato, feta, egg and parsley. Season and serve.



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