

Certified Hand Therapy



Occupational/Hand Therapy can help address concerns in the elbow, wrist, and hand to include:

- **Post-surgical rehabilitation**
- **Tendon and/or nerve lacerations**
- **Fractures**
- **Tendonitis**
- **Sprains**
- **Instability**
- **Numbness and tingling**
- **Pain**
- **Stiffness**
- **Weakness**
- **Limitations with daily function**
- **Back to work and more!**

What can I expect during my visit?

Your occupational/hand therapist will take a history of your symptoms and design a treatment plan specific to your needs. The upper extremities are complex in design and function requiring special attention to detail. Whether you have had surgery, an injury, or degenerative changes, our goal is to maximize your function and participation in your desired activities.

Speak with your physician about your symptoms and ask if a referral for occupational/hand therapy is appropriate for you!