



# PhysioWorks

NEWSLETTER



## THE BENEFITS OF HAND THERAPY FOR UPPER EXTREMITY PAIN

*Physical Therapy*  
*Occupational Therapy*

*Work Conditioning*  
*Work Hardening*  
*On-Site Worker Treatments*

*Hand Therapy*  
*FCE*

# 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 PhysioWorks 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 PhysioWorks 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.

## CONTACT PHYSIOWORKS TODAY!

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.

# BENEFITS OF HAND THERAPY

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
- 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 PhysioWorks 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.

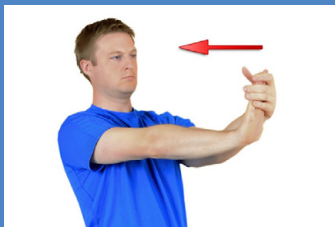
## CUSTOM ORTHOTICS FOR HAND PAIN

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.

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## EXERCISE ESSENTIALS

*Helps Relieve Wrist Pain*



### WRIST FLEXOR STRETCH (PRONATION)

Hold your arm out straight, with your wrist extended and your fingers pointing upward. Use the other hand to pull wrist further, feeling for a stretch. Hold for 5-10 seconds, keeping your elbow straight. Repeat as needed.

[www.simpleset.net](http://www.simpleset.net)  SimpleSet Pro

## REFER -A- FRIEND!

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at PhysioWorks is to leave a greater impact on the communities around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our communities.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!

**253.867.5759**

**SHARE YOUR PATIENT SUCCESS STORY WITH US! LEAVE A GOOGLE REVIEW TODAY!**

# STAFF SPOTLIGHT

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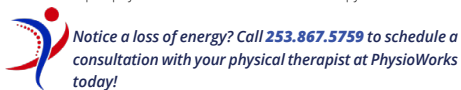


## READY TO FIND LASTING, TRUE RELIEF FOR YOUR DISCOMFORT?

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 PhysioWorks. 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.

<https://physioworks.clinic/services/hand-therapy/>



**Notice a loss of energy? Call 253.867.5759 to schedule a consultation with your physical therapist at PhysioWorks today!**



## GINA CARUSO

MSOT, OTR/L, Hand Therapist

As a hand therapist, Gina has experience within the fast-paced hand therapy settings, working closely with surgeons and other medical professionals treating predominately postoperative populations.

Through the use of surgeon protocols, strong clinical reasoning, evidence-based practice strategies/interventions, and custom orthosis fabrication, she prides herself on providing collaborative client-centered care.

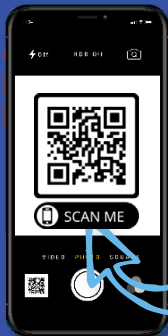
MEET THE REST OF OUR TEAM AT  
**PHYSIOWORKS.CLINIC/OUR-TEAM**



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3. Let us know how we did and tell us your story!



## COME BACK TO PHYSICAL THERAPY!

Call us at **253.867.5759** to book your appointment today!

### PHYSIOWORKS

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**NEW LOCATION COMING SOON  
IN SILVERDALE**

**PROUDLY AFFILIATED WITH PHYSIOHEALTH**

CALL 253.867.5759 TO SCHEDULE YOUR APPOINTMENT WITH A PHYSICAL THERAPIST TODAY