

When the small things become the big things

Hand, wrist, and arm pain can make completing your daily activities challenging or impossible.

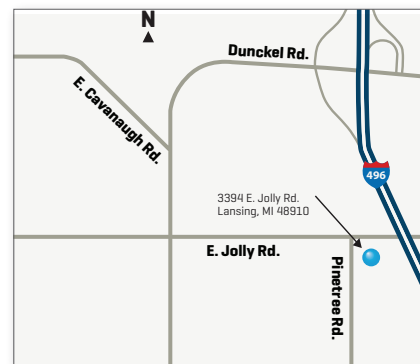
Do you have pain or difficulty with:

- Buttoning a shirt?
- Opening a jar?
- Using a can opener?
- Fastening your bra?
- Reaching for items in the kitchen cupboard or medicine cabinet?
- Manipulating small objects at home or work?
- Typing on the keyboard of your computer?

If these or any daily activities have become difficult or painful, you may benefit from an evaluation and treatment by an occupational therapist who specializes in restoring function to the wrist, elbow, and hand.

A physician referral for occupational therapy is required in order to initiate treatment.

Speak with your primary care or orthopedic physician today for a referral for occupational therapy at McLaren Greater Lansing Rehabilitation Services.



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OCCUPATIONAL AND HAND THERAPY




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Occupational Therapy for the Hand, Wrist, and Elbow

McLaren's team of trained therapists treats a variety of conditions and diagnoses, including, but not limited to:

- Strains, sprains, and fractures
- Arthritis
- Nerve and ligament injuries
- Joint and soft tissue injuries
- Stroke
- Repetitive stress injuries
- Post-surgical rehabilitation—joint replacements, tendon repairs
- Amputations

Our occupational therapists and Certified Hand Therapists will create an individualized treatment plan to develop, recover, or maintain daily living and work skills. Their hands-on, one-on-one treatments will focus on improving your basic and fine motor function, decreasing pain, and increasing strength. If needed, they will teach you strategies to compensate for permanent loss of function. Our goal is to help you achieve the highest level of independence and productivity possible.

Hand Therapy

Our Hand Therapy program provides you with a specialist who has the knowledge and skills required to manage the complexities of treating musculoskeletal injuries that are specific to the hand, wrist, forearm, and elbow.

Examples include:

- Fracture management
- Trigger finger
- Dupuytren's contracture releases
- Tendon repair
- Carpal tunnel syndrome
- Tennis elbow
- De Quervain's tenosynovitis

Orthotics Fabrication

After an injury or illness, you may require a customized or semi-custom splint or orthosis to provide your hand and arm with additional protection, stabilization, or support on your path to recovery.

Our occupational therapy team will assist in selecting, designing, and fabricating the best splint or orthotic for your hand or arm.

Restoring Function and Independence

Our occupational therapists will perform a comprehensive evaluation to determine which aspects of your daily function are compromised.

Evaluation procedures include:

- Extensive interview regarding symptoms, frequency, chief complaint, and functional status
- Comprehensive examination, including muscle and grip strength, range of motion, sensation, coordination, and muscle tone

Following your evaluation, an individualized treatment plan will be developed that may include:

- Strengthening and stretching activities
- Mobilization of joints or tissues
- Thermal treatments (heat/cold)
- Tendon glides or deep tissue massage
- Wound and scar care
- Joint protection
- ADL training
- Adaptive equipment recommendations

Don't continue to have pain or difficulty completing your daily tasks. We can help you live your life to your highest potential.