

Hand Therapy

Specialized Rehabilitative Care



Do you experience any of the following symptoms?

- Arthritis
- Carpal tunnel syndrome
- Tendon injuries or repairs
- Sprain injuries
- Joint deformities
- Fracture or crush injuries
- Sports or work-related injuries
- Burn injuries or skin grafts

If so, you may benefit from Sitrin's hand therapy program.

Chronic pain or injury to your hands, arms, or wrists can limit your ability to do some of the simplest things in life. Hand therapy is a critical factor in achieving the best possible result for functional hands, both pre-operatively and post-operatively. Sitrin's highly-trained occupational therapists are qualified to treat individuals of all ages.

Each program starts with a thorough occupational therapy hand evaluation, including grip and pinch assessment, sensory evaluation, coordination assessment, range of motion, and functional use.

Sitrin's hand therapy program may include a variety of techniques and treatments, including:

- Individualized home exercise programs
- Joint mobilization and protection
- Range of motion exercises
- Injury protection
- Weight training and strengthening
- Scar management
- Custom splinting
- Whirlpool/wound care
- Hot packs and/or wax treatment

Those interested in participating in Sitrin's hand therapy program must first obtain an occupational therapy referral from their physician.

**For more information, please call
(315) 797-8000.**

Related Services offered at Sitrin:

- ▶ **Occupational Therapy**
- ▶ **Physical Therapy**
- ▶ **Lymphedema Therapy**
- ▶ **Anodyne Therapy**

SITRIN

The Help. The Hope. The Healing.

Sitrin Medical Rehabilitation Center

2050 Tilden Avenue, P.O. Box 1000, New Hartford, NY 13413-1000 • 315-797-8000

www.sitrin.com