

Rehabilitation Services Department Occupational Therapy

Hand Therapy Program

Our certified hand therapists (CHT), occupational therapists (OT) and occupational therapist assistants (OTA) are specially trained in providing intervention that reduces pain and restores function.

LOCATIONS:

Center for Outpatient
Rehabilitation – Hopewell
Two Capital Way, Suite 418
Pennington, NJ 08534

To make an appointment,
call: 609.303.4700

Center for Outpatient
Rehabilitation – Trenton
832 Brunswick Ave., Trenton, NJ 08638

To make an appointment,
call: 609.278.5482

Therapy sessions are generally 2–3 times per week for 4–6 weeks. An individualized home exercise program is always prepared with the patients concerns in mind. Obtain a prescription for therapy from your physician and schedule time for an evaluation so your therapist can listen to your concerns and evaluate your performance.

References: American Society of Hand Therapists
www.asht.org

Journal of Hand Therapy; 2009(22)361-376), ASHT Scope of Practice; 2011

DO YOU SUFFER WITH ANY OF THE FOLLOWING?

- Nerve, tendon, ligament and muscular injury to hand/wrist/fingers
- Sprains, fractures and/or dislocations of the elbow, wrist, hand, thumb and/or fingers
- Hand conditions requiring customized positioning devices
- Injuries and surgical repairs to the upper extremity
- Arthritis
- Carpal tunnel syndrome
- Tendinopathies
- Trigger finger
- Dog bites or wounds
- Amputations
- Repetitive injuries

OUR THERAPISTS WILL WORK WITH YOU TO DESIGN A THERAPY PROGRAM ESPECIALLY FOR YOU. THERAPY OFTEN INCLUDES:

- Pain and swelling reduction techniques
- Scar tissue management
- Desensitization techniques
- Education and symptom management
- Orthotic (splint) fabrication
- Joint protection and energy conservation training
- Training in home, work, leisure activities
- Ergonomic approach to tasks
- Exercise
- Work conditioning and retraining



capitalhealth