

# Hand Therapy

## Frederick Health Physical Therapy & Sports Rehab

The hand is a very important tool for function. From the moment we start our day until we go to sleep, we constantly use our hands to manipulate our environment and to accomplish activities of daily living. Even the smallest impairment or injury will alter how we are able to function. Frederick Health Physical Therapy & Sports Rehab offers Hand Therapy with a certified hand therapist to help regain function.

### Who can benefit from Hand Therapy?

Patients who have:

- undergone surgery of the hand or upper extremity
- stiffness, pain, weakness, or swelling
- limited use of their hand(s) to function with daily living, work, or leisure
- degenerative conditions such as osteo or rheumatoid arthritis

### Diagnoses commonly treated in Hand Therapy include:

- Increase strength
- Gain flexibility
- Develop endurance
- Decrease stress

### How can Hand Therapy help?

- 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
- Preventative, non-operative or conservative treatment
- Management of acute or chronic pain
- Desensitization following nerve injury or trauma
- Sensory re-education after nerve injury
- Splint fabrication for prevention or correction of injury
- Conditioning prior to returning to work

**The goal of Frederick Health Physical Therapy & Sports Rehab is to improve a patient's quality of life.**



### Important Contact Information for Patients

Frederick Health Physical  
Therapy & Sports Rehab  
Aspen Ridge Clinic  
**240-566-3132**  
**Fax:240-566-3141**

Interpreting Services  
**240-566-4370**

TDD (Deaf/Hard of Hearing)  
**240-566-3700**