

*Outpatient Rehabilitation
Services*

Rehabilitation for the Hand and Upper Quadrant



OUTPATIENT REHABILITATION SERVICES

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What is a Certified Hand Therapist?

A certified hand therapist (CHT) is an occupational or physical therapist who has detailed knowledge of the anatomy and treatment of the upper quadrant. CHTs have a minimum of five years clinical experience and have successfully passed an examination of advanced clinical skills and theory in upper extremity rehabilitation.

CHTs specialize in rehabilitating patients with conditions affecting the hands and upper quadrant. They evaluate and treat a variety of upper extremity conditions, including tendon and nerve injuries, lacerations, fractures and dislocations, arthritis, inflammatory disorders, chronic-pain syndrome and neurovascular compressions.

CHTs work closely with the physician to provide a continuum of care for outpatients. They evaluate and establish an appropriate treatment plan for any problem related to the upper extremity.



The hand therapist effectively rehabilitates the patient through such treatment methods as:

- Postoperative protocols
- Wound and scar management
- Custom splinting
- Pain management
- Edema control
- Design and implementation of exercise programs to increase motion, dexterity and strength
- Desensitization and sensory re-education
- Training in ergonomic principles, posture, body mechanics and energy conservation
- Adaptive techniques and equipment for performance of work and daily life activities
- Patient education with individualized home programs