

# HAND THERAPY

www.gotophysio.com

**H**and therapy services at Richmond Physiotherapy are provided by a Certified Hand Therapist (CHT).

A Certified Hand Therapist is a Physiotherapist or Occupational Therapist who in addition to having a bachelor's degree has a minimum of 4,000 hours of hand therapy experience and has successfully completed the comprehensive American Hand Therapy Certification Examination.



CHT's have extensive experience in dealing with hand and upper limb conditions and participate in extensive, ongoing education. In BC, each therapist must also be registered and in good standing with the College of Physical Therapists of BC or the College of Occupational Therapists of BC. The CHT credential is the ultimate level of recognition in the specialty of hand therapy today.

A Certified Hand Therapist has expertise in assessment and management of a variety of problems including:

- Amputations
- Arthritis
- Burns
- Crush Injuries
- Carpal Tunnel Syndrome
- Fractures
- Lacerations
- Ligament injuries
- Post Surgery
- Tendon injuries/ repairs
- Tennis Elbow



**O**ur therapists have an individualized approach to address problems such as open wounds, scarring, pain and sensitivity, swelling, stiffness, and weakness.

The Hand Therapist can provide:

- Explanations to help understand the injury or condition and the anticipated recovery
- An individualized exercise program to gain range of motion &/or increase strength
- Wound care, swelling, and scar management
- Pain management
- Desensitization techniques
- Appropriate therapeutic modalities
- Advice on ergonomics (correct positioning and working practices)
- Custom-made splints

