

# Hand Therapy Clinic



## The goal of hand therapy rehabilitation

is to maximize independence and participation in daily activities, including work, self-care, home management and leisure activities.

Hand Therapy is specialized rehabilitation of the upper extremity including the hand, wrist and shoulder.

A hand therapist is an occupational or physical therapist who, through advanced study and certification, provides services to clients with conditions or injuries of the upper extremity.

## The Hand Therapy Clinic sees Patients with the Following Diagnoses:

- Fractures
- Tendon Repairs
- Amputations
- Arthritis
- Joint Replacement
- Sprains & Strains
- Nerve Lesions/Compression Syndrome
- Repetitive Stress Injury/Tendonitis

## Services Include:

- Range of Motion/Joint Mobilization
- Soft Tissue Mobilization
- Wound Care/Scar Management
- Strength Training
- Edema Management
- Sensory Re-education
- Splinting
- Arthritis Education
- Self-Care, Work & Leisure Re-training
- Activity Modification/Adaptive
- Equipment Training
- Home Exercise Program Instruction

## Treatment May Include:

- Fluido Therapy
- Iontophoresis
- Computerized Work Simulator (BTE)

A physician prescription for evaluation and treatment is required prior to scheduling.

## More Information

For more information call: **(510) 204-1756**

To schedule an appointment call **(510) 204-1788**

5700 Telegraph Avenue  
Oakland, CA 94609

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*“My therapist went  
above and beyond to help me.  
The staff is fantastic!”*

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