

GEISINGER HEALTHSOUTH REHABILITATION

2 Rehab Lane • Danville, PA 17821

(800) 232-8260 www.geisingerhealthsouth.com

“...A Higher Level of Care”

FACT SHEET

Hand Therapy

**We currently employ 2 Certified Hand Therapists, (CHTs):
Charlene Cove MS, OTR/L, CHT • Darcy Decker MS, OTR/L, CHT, CLT**

EVALUATION

Comprehensive evaluation of the upper extremity by highly trained hand and upper extremity occupational therapists.

CUSTOMIZED SPLINTS/ORTHOTICS

- Protective splints after surgery or injury
- Adaptive splints to improve function after nerve damage, deformity or amputation
- Dynamic splints to increase motion of stiff joints

EXERCISES/STRENGTHENING

- Specific, goal oriented exercises to restore motion and strength to the upper extremity
- The latest technology for strengthening specific muscle groups to help restore fine motor and gross strength
- Comprehensive home programs/patient education
- Advanced conditioning and work simulation to expedite and facilitate return to work

MODALITIES

Use of modalities facilitates restoration of joint motion and tendon gliding, minimizes pain and edema, decreases sensitivity and assists with wound care.

FUNCTIONAL TRAINING

Instruction is offered in adaptive living techniques, joint protection, energy conservation, work simplification and motor coordination.

SPECIFIC PROTOCOLS

For diagnoses including but not limited to:

- Carpal tunnel syndrome/release
- Nerve palsies, compressions, fractures, grafts and repairs
- Tendon afflictions such as tendonitis, adhesions, tendon repairs, tendolysis, grafts & transfers
- Joint and ligament injury, stiffness and joint replacement
- Rheumatoid arthritis, including splinting, patient education and postoperative care
- Complex Regional Pain Syndrome
- Burn rehabilitation and scar management
- Complex Upper Extremity Trauma, crush injuries and amputations

Danville Woodbine Lane Clinic Phone (570) 271-6704 Fax (570) 271-6715