

Certified Hand Therapists (CHT) provide Comprehensive Rehabilitation of the Shoulder, Arm, Elbow, Forearm, Wrist, and Hand.

What is Hand Therapy?

“Hand Therapy is the art and science of rehabilitation of the upper limb, which includes the hand, wrist, elbow and shoulder girdle. It is the merging of occupational and physical therapy theory and practice that combines comprehensive knowledge of the structure of the upper limb with function and activity. Using specialized skills in assessment, planning and treatment, hand therapists provide therapeutic intervention to prevent dysfunction, restore function and/or reverse the progression of pathology of the upper limb in order to enhance an individual’s ability to execute tasks and to participate fully in life situations.” *Journal of Hand Therapy; 2009(22)361-376), ASHT Scope of Practice; 2011*

What is a Certified Hand Therapist (CHT), and why should I see one?

A certified hand therapist is an Occupational Therapist or Physical Therapist, who through advanced continuing education, and rigorous clinical experience has gained detailed

knowledge of anatomy and physiology, and has become proficient in the treatment of upper quadrant conditions resulting from injury, disease or deformity. To become a Certified Hand Therapist (CHT), requires a minimum of five years of clinical experience equaling four thousand hours of direct practice experience in hand therapy and successfully pass an examination of advanced clinical skills and theory in upper extremity rehabilitation.



CHT's work closely with physicians who specialize in upper extremity care.

At Health Quest Therapy our Certified Hand Therapists (CHT) care for patients with a diversity of upper extremity disorders and injuries. The therapist provides: postoperative rehabilitation, non-operative or conservative intervention and preventive care. We utilize a variety of techniques and tools during a therapeutic intervention, including but not limited to:

- Manual Therapy
- Electrical modalities
- Thermal modalities
- Wound and scar management
- Custom splinting
- Pain management
- Edema control
- 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 individualize home program

Conditions treated by a (CHT) Certified Hand Therapist

Injury and post surgical rehabilitation of the upper extremity (hand, wrist, forearm, elbow, arm, shoulder).

Adhesions or tightness

Amputations

Arthritis & rheumatic diseases

Congenital anomalies/differences

Crush injuries/mutilating trauma

Cumulative trauma disorders

Cysts & tumors

Developmental disabilities

Dislocations & sublimations

Dupuytren's disease

Edema

Factitious disorders

Fractures

Infections

Ligamentous injury & instability

Lymphedema

Muscular strains, tears, & avulsions

Nerve injuries and conditions

Neuromuscular diseases – ALS, MS, MD

Pain – CRPS, RSD

Replantation & revascularization

Spinal cord & central nervous system injuries

Tendon injuries and conditions

Thermal & electrical injuries

Vascular disorders

Wounds & scars

Certified Hand Therapy

Available at the following
Health Quest Therapy locations.

Eagle River, AK

11432 Business Blvd, Suite 18, Eagle River, AK 99577
phone: (907) 622-6363 • fax: (907) 622-6366

Wasilla, AK

650 N Shoreline Drive, Wasilla, AK 99654
phone: (907) 376-6363 • fax: (907) 376-6366

Kihei, HI

1325 S Kihei, Road Suite 102, HI 96753
phone: (808) 269-1720 • fax: (866) 431-9522

**FREE 15 Minute
Assessment**

**We Accept Most
Insurance Plans**

**Convenient Hours
and Locations**

**Serving Patients
of all Ages**

Maui Hand Therapy

A Health Quest Therapy Clinic

