

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, Kihei, HI 96753
phone: (808) 269-1720 • fax: (866) 431-9522

**FREE 15 Minute
Assessment**

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Insurance Plans**

**Convenient Hours
and Locations**

**Serving Patients
of all Ages**



Health Quest Therapy, Inc

Physical, Occupational and Pediatric Therapy



www.HealthQuestTherapy.com

Certified Hand Therapy

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