

# Services

## HAND THERAPY

### What to Expect from a ProActive Physical Therapy Hand Therapist

We pride ourselves on exceptional service, progressive treatment, and a wealth of knowledge to help our patients through the rehabilitation process. Our therapists have a high level of training in the profession for treating the hand, wrist, elbow, and shoulder.

ProActive Physical Therapy provides the following Hand Therapy services:

- Edema Control
- Activities of Daily Living Retraining
- Joint Conservation Techniques
- Exercise & Strengthening Programs
- Work Station Evaluation/Modifications
- Modalities
- Pain Management
- Injury Prevention
- Scar Remodeling
- Sensory Re-education
- Joint Mobilization

Common diagnoses our Hand Therapists specialize in and treat include, but are not limited to:

- Trigger Finger
- Ganglion Cyst
- Cubital Tunnel
- Tenolysis
- Arthritis
- Nerve Entrapments
- Sprains, Fractures, and Dislocations
- Pain
- Biceps and Triceps injuries
- Carpal Tunnel Syndrome
- Lateral and Medial Epicondylitis
- Cumulative Trauma Disorders
- DeQuervains
- Dupuytren's Disease