

Hand Therapy

Do you have pain in your hands?

Do you have limited hand function due to arthritis or another disease process? Are you recovering from hand surgery, a fracture, or other injury to your hand or wrist? If you answered yes to these questions, you may benefit from hand therapy.

FirstHealth's occupational therapists, through advanced study and experience, are trained in the rehabilitation of conditions affecting your hands. We will evaluate your condition and develop a treatment plan specific to your need that may include:

- Range of motion, coordination and strengthening exercises
- Modalities including ultrasound, e-stim, iontophoresis or laser therapy
- Custom splint fabrication
- Management of pain, swelling, post-surgical wounds or scars
- Desensitization or sensory re-education techniques
- Instruction in a home exercise program

You can benefit from hand therapy if you have experienced:

- Arthritis (rheumatoid/osteoarthritis)
- Repetitive injury (i.e. carpal tunnel syndrome, tendonitis, tennis elbow, etc.)
- Injury to tendons or nerves
- Fracture
- Amputation (arm/finger)
- Dupuytren's disease

Let the therapists at FirstHealth Rehabilitation help guide you through a program to regain maximum use of your hands and function. Talk to your doctor about whether therapy may help you.

**FirstHealth Rehabilitation–Pinehurst
Aviemore Drive Center**

Located at 12 Aviemore Drive • (910) 715-2600

FirstHealth Rehabilitation–Raeford

Located in FirstHealth Fitness–Raeford
313 Teal Drive • (910) 904-7407

FirstHealth Rehabilitation–Rockingham

Located in FirstHealth Fitness–Richmond
120 Richmond Memorial Drive • (910) 410-9539

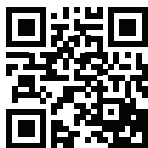
FirstHealth Rehabilitation–Sanford

Located in FirstHealth Fitness–Sanford
2925 Beechtree Drive • (919) 774-1595

FirstHealth Rehabilitation–Troy

Located in the Outpatient entrance of
FirstHealth Montgomery Memorial Hospital
520 Allen Street • (910) 571-5129

When you need Rehab ... You need FirstHealth.



FirstHealth

REHABILITATION

For more information on FirstHealth Rehabilitation or Hand Therapy,
please call (910) 715-1600 or email rehab@firsthealth.org.

www.firsthealth.org/rehab

