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)
- Dupytren’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.*

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

www.firsthealth.org/rehab