

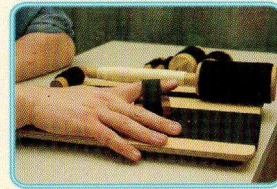
Hand Therapy Program

The hand therapy program at Kassimir Physical Therapy provides comprehensive rehabilitation services for a variety of conditions of the upper extremity.

Our staff is dedicated to helping all patients reach their highest functional level as quickly and safely as possible. The KPT Hand Therapy Program is supervised by Gary Kassimir, Certified Hand Therapist, and consists of registered practitioners who have become proficient in the treatment of upper limb conditions through continuing education, clinical experience and independent study. Our staff holds membership with the American Society of Hand Therapists and the American Physical Therapy Association.

Common Ailments That Can Benefit From Hand Therapy

- Carpal Tunnel Syndrome
- Crush Injuries
- Ganglion Cyst Removal
- Tendonitis (Golfer's/Tennis Elbow DeQuervain's)
- Arthroplasty (Joint Replacement)
- Fractures
- Trigger Finger
- Nerve Injuries
- Reflex Sympathetic Dystrophy
- Arthritis (Degenerative/Rheumatoid)
- Dupuytren's Contracture
- Hypersensitive & hypertrophic scars
- Ligamentous Injuries
- Job related or sports injuries
- Acute & Chronic Pain



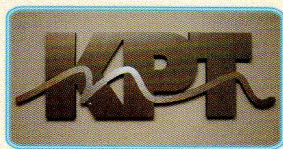
Hand Therapy Program - continued

Goals of Hand Therapy

The goals of hand therapy include facilitation of healing and recovery, regaining function, reducing sensitive scars and adhesions, restoring activities of daily living, increasing range of motion, strength and gross and fine motor coordination, decreasing edema and pain, preventing deformity, protecting injured structures, promoting healing through custom splinting, possibly preventing the need for surgery.

A Treatment Plan May Consist Of:

Contrast bath	Custom splinting (static/dynamic/ serial casting /static progressive)
Paraffin	
Fluidotherapy	
Whirlpool	Therapeutic exercises
Intermittent compression for edema control	Tendon or nerve gliding
Biofeedback	Massage, manual therapy
Desensitization and sensory re-education	Adaptation of work and home environment to improve the function of patients with upper extremity and hand dysfunctions
Ultrasound	
Iontophoresis	
Electrical stimulation (muscle re-education, wound healing, pain)	Biometrics e-Link Computer exercises



Kassimir Physical Therapy
1777 Reisterstown Rd. Ste 130
Pikesville, MD 21208
410-415-5905 fax 410-415-5906
www.kptrehab.com