

Arthritis of the upper limb joints

Joint protection education and various custom made/fitted supports are offered.

Complex Regional Pain Syndrome

Various aetiologies advice and treatment

Return to work rehabilitation

Specific and customised to each individual's needs

How to find us:



Noosaville Clinic
Suite 117, 90 Goodchap St, Noosaville, 4566



Gympie Clinic
2/71 Channon Street, Gympie, QLD, 4570



Hand Therapy Clinics in Noosaville and Gympie

What is Hand Therapy?

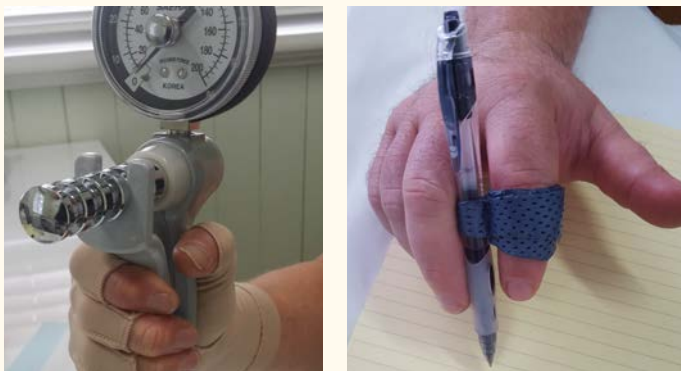
Hand Therapy is the art and science of rehabilitation of the upper limb - shoulder to hand. It involves the evaluation and testing to assess the injured limb from which a specific treatment program can be designed. A variety of specialised treatment techniques are used to achieve these goals.

....quoted from the Australian Hand Therapy Association



For further information, please visit
www.handsareourlife.com.au

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hands are our life
HAND AND UPPER LIMB CLINIC

What we treat:

Applies to shoulder, elbow, wrist, thumb and fingers:

Rehabilitation post various surgeries of the upper limb including:

dupuytren's disease fasciectomy

carpal tunnel release

Tenolysis

arthrolysis

neural repositions

tendon transfers

skin grafts

artificial joint insertions

ORIFs

tendon repairs ligamentous repairs

reconstructive surgeries etc

Post-injury diagnosis and rehabilitation (that does not require surgical treatment) such as:

mallet finger

volar plate (+/- avulsion) central slip

skier's thumb

wrist sprains

Other various ligamentous sprains

Some fractures such as "boxer's" (Metacarpal neck fracture)

Post-immobilisation return to function rehabilitation

This includes post fractures of the upper limb that were treated with immobilisation in a cast for several weeks. Advice on gaining range of movement by means of exercises or specific dynamic splints, strengthening programmes and return to work processes.

Repetitive strain injuries rehabilitation

Acute carpal tunnel syndrome

De Quervain's

Tenosynovitis

Intersection syndrome

Tennis elbow

Golfer's elbow

Biceps tenosynovitis

Specialty treatment provided:

Wound care:

From 'clean' post-operative one suture line to open wounds of crushed fingers and post skin grafts. Stitches removal, changes of dressings and care advice.

Oedema management:

Application of co-ban (low force compressive self-adhesive bandage), iso-toner glove, patient self-management advice.

Scar management:

Application of a variety of silicone-based products to thick/raised keloid scars.

Fabrication of custom-made splints:

Out of various thermoplastic and soft materials designed to best support the injury but still allowing the safe movement of the un-injured joints.

"Off-the-shelf"

Provision of best available braces and supports most suited for the patient's needs.

Prescription of a specialised rehabilitation programme:

Designed to increase mobility of the unnecessary stiff joints and musculotendinous units and strengthening exercises to enable the faster recovery of function.

Return to work:

Advice and assessment of capability, work site assessments, advice on graduated return to work.

Pain Management:

Based on the current research; using strategies such as mirror therapy and mental imager techniques and standard use of TENS and acupuncture.

