

Know Your Hand and Wrist

Your hand and wrist are made up of 28 bones, a vast number of ligaments, and muscles that begin on the forearm and within the hand. The little joints are responsible for considerable amounts of motion, and one stiff link in the chain can often time manifest as considerable changes in one's Range of motion and function.



Given their use in almost everyday activity, the hand and wrist are subject to a variety of overuse, degenerative, and traumatic injuries. If you have hand and wrist pain, it is likely impacting the way you go about your daily life. Most hand and wrist conditions are successfully treated non-operatively through physical therapy, medications, and injections as needed. Assistive devices and splints have also been shown to help.

**University of Delaware
Physical Therapy is Ranked
#1 in the Nation by US
News and World Report!**

**We staff Board Certified
Specialists in the areas
of Orthopedics, Sports,
Geriatric, and Neurologic
physical therapy.**



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**Delaware
Physical Therapy Clinic**

Open to the public

Hand and Wrist

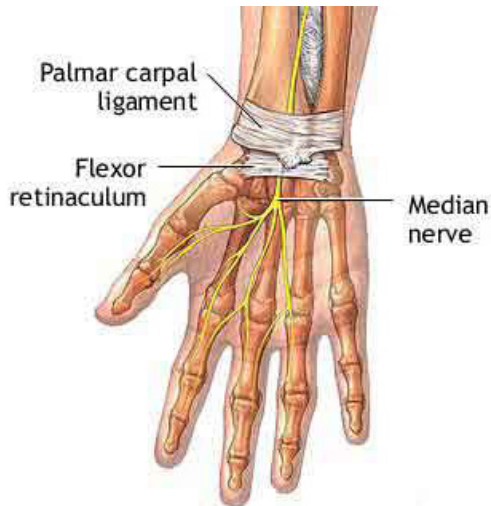


Hand and Wrist Pain

Carpal Tunnel is a common condition experienced in the hand and wrist. Individuals with this condition often note pain at the wrist and hand, grip weakness and sometimes even numbness and tingling. It can be managed conservatively in most cases with stretching and strengthening exercises.

Osteoarthritis is also common in people's hands and wrists. Commonly this condition occurs in the thumb near the wrist and is brought on by chronic over use of the thumb joint leading to breakdown. PT has been proven effective in mobilizing this joint along with a therapeutic stretching and strengthening program.

PT's can also help you with assistive devices and splints for your hand. We have the resources to develop resting splints and braces to help you stay out of pain!



Physical Therapy

- Our Physical Therapists will provide a thorough individualized evaluation based on your symptoms
- Review your health history, question about the nature of your condition
- Perform tests and measures to identify impairments which may be playing into your underlying condition
- Screen to identify potential of serious health problems or fractures
- Provide functional assessments of your body movement during work, home, sport, or workstation set up.

How Can Physical Therapy Help?

- Stretching & Strengthening - increase strength and flexibility of the muscles/soft tissue important to healing.
- Manual treatments for loosening of muscle and tight structures or to improve motion of the joints in the elbow, wrist, and/or shoulder.
- Complete workstation evaluations to modify aggravating work set ups.
- Teach you exercises and self treatments to return to your sport, work, or your daily activities pain free.



Call today to schedule an appointment. We are on campus and open to the public!

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