

We ♥ what we do
and it shows!

Hand therapists are occupational or physical therapists who, through advanced study and experience, specialize in treating individuals with conditions affecting the hands and upper extremity.



INDIANA
PHYSICAL THERAPY

Where people go to get better

Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. We promise to provide prompt and courteous service, ongoing health education, expertise, and rehabilitative services with real results at each of our clinics.



INDIANA
PHYSICAL THERAPY

Where people go to get better

HAND
REHABILITATION

OPEN 7A-7P

ALL INSURANCES ACCEPTED

GUARANTEED APPTS WITHIN 24 HOURS

FORT WAYNE AREA: (260) 209-2464

INDY AREA: (317) 449-2333

MICHIANA: (574) 931-2802

WWW.INDIANAPT.COM

WHY CHOOSE A CERTIFIED HAND THERAPIST

To become a CHT, a Physical or Occupational Therapist must have a minimum of three years experience and 4,000 hours of upper extremity rehabilitation, and must pass a national certification exam. This specialty certification must be renewed every five years by completing specific continuing education requirements and documenting successful ongoing therapy services specific to shoulder, elbow, wrist, elbow, and hand related injuries.



WHAT CONDITIONS CAN BE TREATED

- Amputations & Digit Replantation
- Arthritis
- Burns & Open Wounds
- Carpel Tunnel
- Complex Regional Pain Syndrome
- Dupuytren's Disease
- Fractures
- Ganglion Cyst
- Nerve Compression Syndromes
- Spasticity/Contractures Following Stroke
- Tendon & Nerve Lacerations
- Tendonopathy

Hand therapy is a rehabilitation specialty that focuses on tissue manipulation and healing of the hand and arm to increase skill and strength as needed for individual activities such as daily living, employment tasks, and personal hobbies. Protection of ligaments, joints, tendons and nerves is essential throughout the rehabilitation process. Adaptive equipment and splints may be utilized to maximize function and safety. Because of the intricacies of hand design, communication among patient, therapist, and physician is imperative and a priority for optimal recovery. Patient education leading to self management is stressed.

WHAT MAY BE INCLUDED IN HAND REHABILITATION

- Augmented Soft Tissue Mobilization
- Compression Wraps or Garments
- Coordination and Endurance Training
- Functional Exercise
- Job Simulation
- Joint Mobilization
- Muscle Re-Education
- Posture Training
- Sensory Education/Protection
- Splinting
- Wound Care & Dressings