

HRRMC'S Hand Therapy Team



D.J. Wilson, OTR, CHT, graduated from Colorado State University with a Bachelor of Science in Occupational Therapy. He has extensive experience working with adults in outpatient and inpatient rehabilitation.

He specializes in working with hands/upper extremities and is board certified in hand therapy.

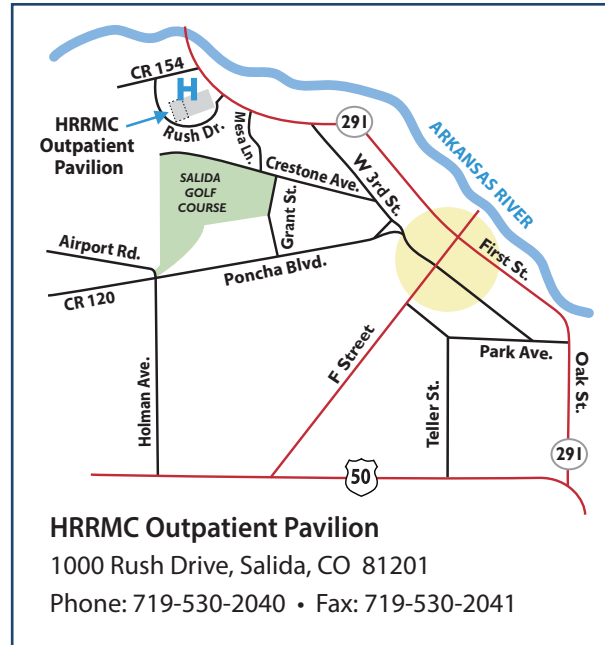
A certified hand therapist (CHT) is a physical or occupational therapist who has acquired advanced training in the specialty of upper extremity rehabilitation. To become certified, a hand therapist must have five or more years of practice experience with a minimum of 4,000 hours of patient treatment in hand therapy. They are also tested in clinical skills, knowledge of anatomy, surgical techniques and postoperative recovery issues pertaining to the hand and arm. CHTs are required to recertify every five years and complete 80 hours of continuing education with an emphasis on evaluating and treating the upper extremities.



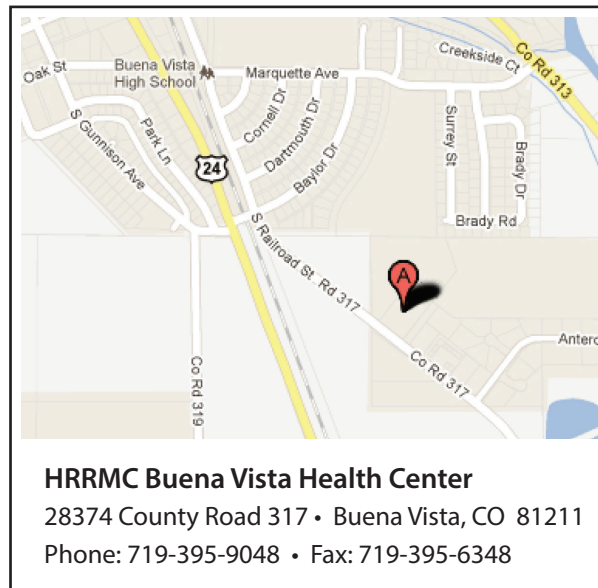
Cherina Heinitz, OTR, graduated from Colorado State University with a Bachelor of Science in Occupational Therapy. She has practiced in outpatient, inpatient, home health, hippotherapy (equine therapy), and school settings.

She enjoys working with patients who have neurological, cognitive, physical, or developmental dysfunctions. She loves working with children, helping people recover from upper extremity injuries, and creating custom splinting for individual needs.

Locations



The HRRMC Outpatient Pavilion is attached to the hospital but has a separate entrance. Patients will check in for their appointment in the Outpatient Pavilion, not at the hospital's main registration desk.



HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

The heart of healthcare

HAND THERAPY



WHAT IS HAND THERAPY?

"Hand therapy is the art and science of rehabilitation of the upper quarter of the human body. It combines comprehensive knowledge of the anatomy and function of the upper extremities."

- Hand Therapy Certification Commission

Hand therapy helps a person regain maximum functional use of their hands following injury, surgery or the onset of disease. Treatment is provided by an occupational or physical therapist who specializes in hand therapy.



Who benefits from hand therapy?

Those who are experiencing pain or decreased function due to:

- **Multiple Traumas**
Amputations, replants, fractures, tendon and nerve lacerations, skin grafts, flaps, wound care, burns, scars
- **Nerve Compression**
Carpal tunnel syndrome, cubital tunnel syndrome, radial tunnel syndrome
- **Tendonitis/Tenosynovitis**
Tennis elbow, golfer's elbow, De Quervain's, trigger finger
- **Arthritis**
Elbow, wrist, finger pain with deviation of involved joints. Treatment may include splinting/modified mechanical use of hands and/or joint.



Evaluations and treatment options

- **Ergonomics:** Work-site evaluations with recommendations for modifications and injury-prevention strategies.
- **Functional Assessment:** Evaluation of hand function related to activities of daily living or work-related tasks.
- **Splinting:** Custom and prefabricated splints to position, mobilize or protect upper extremity injuries.
- **Functional Capacity Evaluations:** Evaluation of an individual's ability or potential to perform work tasks.
- **Pre-employment Screenings:** Evaluation of an employee's ability to perform work tasks specifically related to their job description.

Custom splints to better serve our patients

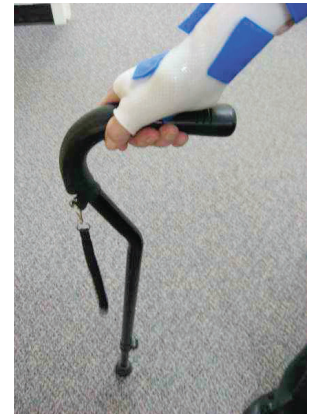
Custom splints are designed for comfort and to improve range of motion, protect a fracture, and support injured joints and soft tissue.



Thumb splint for basal joint arthritis



Static progressive finger flexion splint to improve functional grip



Splint to provide support for the wrist and thumb with weight-bearing activities such as using a cane