

## LOCATIONS

**Carle Orthopedics and Sports Medicine**  
2300 S. First St., Champaign, IL  
(217) 383-9500

**Carle Urbana North Annex**  
810 W. Anthony Dr., Urbana, IL  
(217) 383-3400

**Carle Danville on Vermilion**  
2300 N. Vermilion St., Danville, IL  
(217) 431-7930

**Carle Therapy Services Mattoon/Charleston**  
5731 Park Dr., Charleston, IL  
(217) 238-5666

**Carle Rantoul**  
1540 E. Grove St., Rantoul, IL  
(217) 893-7720

**Carle Hoopeston Regional Health Center**  
701 East Orange St., Hoopeston, IL  
(217) 283-8406

Carle Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

12205K



# Hand Rehabilitation

## CARLE THERAPY SERVICES





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The goal of hand therapy is to help patients regain maximum use of their hand(s) following injury, surgery, disability or disease.

After specialized evaluation, our hand therapists will develop a comprehensive rehabilitation program. Hand therapists provide preventive, non-operative and conservative care for a variety of conditions, as well as post-operative care guided by a hand surgeon.

#### **COMMON HAND AND UPPER EXTREMITY CONDITIONS**

- Basilar joint thumb arthritis.
- Carpal tunnel.
- Cubital tunnel.
- DeQuervians tenosynovitis.
- Lateral/medial epicondylitis.
- Rotator cuff dysfunction.
- Shoulder impingement.
- Wrist pain.

#### **HAND THERAPY TREATMENTS**

- Activities for daily living (ADL).
- Pain control.
- Custom splinting.
- Dexterity.
- Edema control.
- Ergonomic recommendations.
- Joint protection.
- Manual therapy.
- Modalities.
- Range of motion/flexibility.
- Scar management.
- Sensory re-education.
- Strengthening.
- Therapeutic exercises.
- Work conditioning.

#### **REFERRING A PATIENT TO CARLE THERAPY SERVICES?**

Choose one of these three convenient ways:

- Submit an internal referral through Epic.
- Call us with the referral at (866) 402-2753 or (217) 383-4040.
- Fax a prescription to (217) 383-6176.

#### **INSURANCE**

Patients should contact their insurance provider to determine coverage before making an appointment.