



Hand Therapy Week

June 3 to 9, 2013



Riverina Hand Therapy marks a first for Australia

EXPECT to hear a lot more about Hand Therapists in coming years. A small but growing profession in Australia, the Australian Hand Therapy Association (AHTA) now has over 400 members, and for the first time this year is celebrating Hand Therapy Week alongside its United States colleagues. "The executive committee of the AHTA has been working for a number of years to launch Hand Therapy Week, and here at Riverina Hand Therapy we are very pleased to be able to bring Hand Therapy to public attention as part of a national campaign," Principal Hand Therapist and Director of Riverina Hand

Therapy, Amy Geach said. "For this very first Hand Therapy Week we have been promoting Hand Therapy within the community and via our Facebook page to educate people about Hand Therapy and how it can help them. "Hand Therapy can be explained as the art and science of rehabilitation of the upper limb from shoulder to hand. "Hand Therapists evaluate, test and assess the injured upper limb, to design a specific treatment program using a variety of specialised treatment techniques." Although many regional areas can lack specialist services, Wagga is fortunate to have fully qualified Hand Therapists at Riverina Hand Therapy. During Hand Therapy Week Riverina Hand Therapy has also expanded its capabilities by adding a new service, Riverina Kids Therapy. "Paediatric Occupational Therapy assessment and treatment can be of immense benefit to children who need assistance with play and learning," Amy said.



CLINIC SPACE: (left) (from left) Holly, Louise and Amy working in the main clinic area. Riverina Hand Therapy's modern open-plan clinic provides a friendly, non-threatening treatment space where splints and other therapeutic devices can be made on the spot, allowing your treatment plan to be implemented without delay. Separate treatment areas are also utilised if private consultations are required. As a team, Riverina Hand Therapy aims to provide great outcomes and a positive experience for all its patients.



INJURY MANAGEMENT: (left) Principal Hand Therapist and Director of Riverina Hand Therapy Amy Geach with patient Geoff who has been receiving treatment for a recent injury. **MAKING SPLINTS:** (right) Hand Therapist Amy Geach constructs thermoplastic splints at the clinic.



Meet Riverina Hand Therapy's friendly therapists & staff

YOUR HANDS IN THEIR HANDS: Riverina Hand Therapy's four therapists (top, from left) Amy and Louise and (middle, from left) Holly and Sarah. They will be joined by new therapist Ashlee next week.



WELCOME TO RIVERINA HAND THERAPY: (below, from left) Riverina Hand Therapy's administration staff Janet, Jeremy and Caitlin.



Q&A with Riverina Hand Therapy

What is a Hand Therapist?

A Hand Therapist is a qualified occupational therapist who has undergone additional training in the area of hand, wrist, elbow and arm therapy.

What type of patients can see a Hand Therapist?

People of all ages see Hand Therapists for all types of conditions affecting the hand and upper limb including:

- Acute hand, wrist or elbow injuries, for example, dislocated fingers as a result of sport, or thumb ligament injuries
- Chronic conditions such as arthritis
- Tendonitis, such as tennis or golfer's elbow, or computer overuse injuries
- Carpal tunnel syndrome, or other nerve compression problems
- Rehabilitation after hand or upper limb surgery, fractures, burns or crush injuries
- Lymphoedema, or those at risk of lymphoedema – for example people who are undergoing breast cancer therapy
- Reduced play and learning skills, due to, for example, developmental delay, disability or sensory issues.

How do I make an appointment?

To make an appointment just phone Riverina Hand Therapy on 6925 0157. Referrals are not required, but your hand surgeon or other health practitioner may refer you to Riverina Hand Therapy as part of your treatment program.

What type of treatment does Riverina Hand Therapy provide?

Riverina Hand Therapy provides comprehensive assessments and treatments which include splinting, casting, scar and wound management, and strengthening and exercise programs. Riverina Hand Therapy can start your rehabilitation from removing your stitches onwards. Post-surgical wound care and scar management optimises recovery and reduces the likelihood of scars adhering to underlying tendons, which improves movement and function.

Riverina Kids Therapy at Riverina Hand Therapy also offers Paediatric Occupational Therapy assessment and treatment for children with developmental delays with visual perception skills, fine motor coordination and sensory issues.

Riverina Kids Therapy is available for preschool, school and home visits, for children who need assistance with play and learning.

Riverina Hand Therapy

THERAPY TREATMENTS

- Full assessment of hand, wrist and arm function
- Comprehensive hand and wrist therapy
- Wound and scar management
- Post operative programs
- Joint protective advice

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