

Occupational Therapy - Outpatient Hand Therapy Program

Occupational Therapy

**Contact:**

Phone: 519-421-4206

Fax: 519-421-4258

Hours of Operation:

Monday to Friday from 8:00 am to 4:00 pm

Accessing this Service:

A written doctor referral is required. An estimated wait time will be provided at the time of appointment booking. Priority is given to referrals for post-surgical and acute injuries.

The Outpatient Hand Therapy Program at Woodstock Hospital offers comprehensive rehabilitation services for patients who have difficulties with the performance of daily activities due to acute or chronic hand and arm disorders (hand, wrist, forearm, and elbow). Common conditions treated in our clinic include rheumatoid arthritis and osteoarthritis, burns, amputations, fractures, joint injuries, joint reconstructions, nerve compression syndromes, nerve injuries, nerve repairs, repetitive strain injuries, tendonitis, tendon injuries, tendon repairs and transfers, trigger fingers, Dupuytren's contracture releases and complex regional pain syndrome.

Our occupational therapist performs a thorough evaluation of the affected extremity and an individualized treatment plan is developed to address the patient's needs. The treatment plan is modified as needed throughout the course of therapy, to ensure maximum functional outcomes. Services include injury specific education, activities of daily living retraining and activity modification, joint protection education, assistive devices, custom splinting and prefabricated splinting, modalities (hydrotherapy, hot wax, ice, ultrasound, contrast baths and electrical stimulation), edema/inflammation management, scar management, desensitization, sensory re-education, therapeutic exercises, pain management, passive stretches, strengthening, return to work screening and work conditioning.

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