



Hand and wrist ailments, whether work-related or caused naturally, can be very debilitating. Fortunately, there are a variety of occupational therapy options provided by Medina Hospital to treat specific problem.

A customized plan of treatment and follow-up can alleviate most problems and lessen the reoccurrence of future ailments.

Symptoms of Hand and Wrist Problems

Symptoms of hand and wrist problems may include:

- Numbness or tingling in hands that is worse at night or wakes you from a sound sleep
- Frequently dropping items
- Pain in the base of the thumb and wrist area, especially when pinching
- Pain at the thumb side of the wrist, especially during pinching and bending of the wrist
- Pain increases with activity and is often worse at the end of the day

Three Common Hand and Wrist Problems

The three most common hand and wrist problems are:

- Carpal Tunnel Syndrome
- Joint Arthritis
- DeQuervains Tenosynovitis

After diagnosis by a physician, a personalized treatment plan is developed by a licensed Occupational Therapist or certified Hand Therapist for your specific hand or wrist problem.

Carpal Tunnel Syndrome

Carpal Tunnel is a syndrome characterized by numbness in the thumb, index finger, middle finger and half of the ring finger. Other symptoms may include:

- Weak grip
- Weak pinch strength
- Pain
- Clumsiness

Carpal Tunnel Syndrome is treated with:

- Splints
- Stretching
- Active range of motion exercises
- Instruction on the proper and safe use of hands and wrists

Joint Arthritis

Arthritis is a disease that affects the joints of the body, causing pain, inflammation and stiffness.

- It is common in the thumb.
- It is primarily a wear and tear phenomenon, affecting the integrity of the joint itself
- Arthritis can lead to deformity and decreased function of the hand and wrist

Arthritis can be managed by:

- Protective splints
- Strengthening
- Exercises to maintain strength and motion
- Various heat treatments
- Instruction in joint protection techniques

DeQuervains Tenosynovitis

DeQuervains is a type of tendonitis usually caused by overuse. This results in inflammation of the tendons in the thumb as they cross the wrist.

- It comes on gradually
- It becomes more painful as it progresses

DeQuervains Tenosynovitis can be treated with:

- Protective splints
- Modalities to decrease pain and inflammation
- Stretching and strengthening exercises to help restore function
- Instruction on activities to avoid preventing recurrence

Referrals

All therapies require a physician referral and approval from your insurance company. To learn more about the hand and wrist programs provided by Medina Hospital Rehabilitation Services or to schedule a tour, call 330.721.5009.