

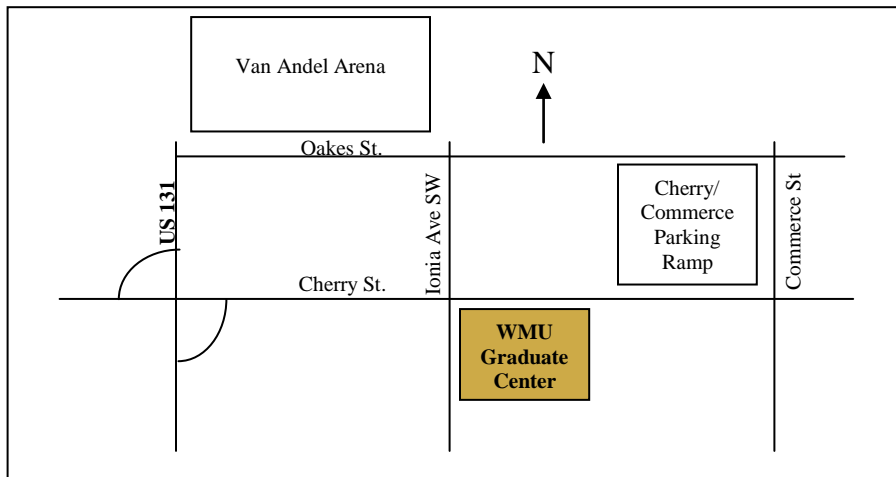
“Hand Therapy is the art and science of rehabilitation of the upper limb, which includes the hand, wrist, elbow and shoulder girdle. It is the merging of occupational and physical therapy theory and practice that combine comprehensive knowledge of the structure of the upper limb with function and activity. Using specialized skills in assessment, planning and treatment, hand therapists provide therapeutic intervention to prevent dysfunction, restore function and/or reverse the progression of pathology of the upper limb in order to enhance an individual’s ability to execute tasks and to participate fully in life situations.” *Journal of Hand Therapy; 2009(22)361-376), ASHT Scope of Practice; 2011*



Hand Therapy Clinic



The WMU Graduate Center
200 Ionia Ave SW
2nd floor-room 2032
Grand Rapids, MI 49503
616-742-4840



Directions and Parking

From Southbound US 131, take the Market St exit and go straight past Market. You will then be on Cherry St.

From Northbound US 131, take the Downtown exit and you will then be on Cherry St.

Parking is available in the Cherry Commerce Parking Ramp (entrance off of Cherry St.) and at metered spaces on the street.



Appointments: 616-742-4840

Our clinic provides low cost services to individuals who are either uninsured or underinsured. Services are provided by students while supervised by a licensed Occupational Therapist who is also a Certified Hand Therapist. There is no cost for services.



Our occupational therapy (OT) services help people return to the activities of everyday life following an orthopedic disease or injury—whether that’s work, leisure, domestic life, or community activities. We use

education, exercise, activities, assistive technology, and adaptive devices to help people engage or re-engage in the activities that matter most to them. We help our patients accomplish tasks that will enhance their everyday life, we help modify their living and work environments to minimize limitations, and much more. Every day, we’re helping people build their abilities in:

- Daily activities
- Communication
- Mobility
- Self-care
- Domestic life
- Interpersonal interaction and relationships
- Community, social, and civic life

Services offered on site include:

Orthosis Fabrication /Splinting
Quick cast of Digits
Manual Therapy
Therapeutic Exercise
Ultrasound
Thermal Modalities
E-Stim
Activity Modification/ADL



Typical Diagnoses Appropriate for Referral:

Arthritis
Fracture to upper quadrant
Injury to Shoulder, Elbow, Wrist, & Hand
Tendon Injuries
Nerve Compression
Shoulder Pathology
Trigger Finger
Tendonitis
Trauma/Crush Injury



Talk to us about how our OT team can help you increase your participation in work and life by calling **616-742-4840.**