

## ***Guildford Physiotherapy & Hand Therapy Clinic***

#200 – 15387 104<sup>th</sup> Ave. Surrey B.C.

## ***Coquitlam Physiotherapy & Hand Therapy Clinic***

#222–1024 Ridgeway Ave. Coquitlam B.C.

Fall 2003

### **Announcement !!!**

The past few months have brought about many changes for us all.

In Guildford we have been busy doing several renovations including increasing our front desk and reception area, adding a second wound care room, and expanding our gym to accommodate the exercise programs of both our hand injured and active rehabilitation program patients. What hasn't changed is that we are still located at the corner of 154<sup>th</sup> St. and 104<sup>th</sup> Ave.

Across the river we have now opened up a satellite location. Coquitlam Physiotherapy and Hand Therapy clinic is now been established at the corner of Ridgeway and Nelson. We have completely relocated the clinic approximately 2 blocks west of the original location of Coquitlam Physiotherapy and added hand therapy services as well. This facility has an updated reception area, a new hand therapy area, and a separate exercise area with a variety of equipment.

Our new address in Coquitlam is:

222 – 1024 Ridgeway Ave.  
Coquitlam, BC V3J 1S5  
Phone/Fax: 604-939-2833

### **Noteworthy**

- Jane Hicks & Barb Duff have joined our team at Guildford. Both Certified Hand Therapists come to us after extensive careers at the WCB in Richmond.
- Join us in welcoming new front staff members Reema Vikash at our Coquitlam location, and Marla Cousins at our Guildford clinic.
- Physiotherapist Paulina Undurraga is no longer with the clinic in Guildford. We wish her luck with her future endeavors.

### **Splinting Options**

#### **Custom vs. Generic Splints**

You may be wondering why to get a custom splint when generic splints could be purchased at a drugstore at less cost. A splint that is purchased off the shelf may fit adequately and if that were the case we would recommend its use. Unfortunately, we see many examples of problems with splints purchased over the counter.

Generic splints are difficult to modify, and often include too much or too little.

#### **(Pic 1)**

This splint, often worn for carpal tunnel syndrome, restricts finger flexion and thumb opposition unnecessarily.

#### **(Pic 2)**

In addition, the wrist should be positioned in neutral to maximize the space for the median nerve and here there is too much extension, as well as an uncomfortable metal bar in the palm.

I have treated patients with DeQuervain's tenosynovitis who purchased splints that immobilized only the wrist and did not include the thumb. It is thus not surprising that the pain that involved the thumb muscles did not resolve. The second recent scenario for DeQuervain's was the patient who had purchased a neoprene splint that included the thumb, but the thumb piece was too tight, thus making it numb.

• *Orthopedics* • *Sports Medicine* • *Active Rehabilitation* • *Splinting and Bracing* •

• *Need a referral pad? Please call us* •

*Guildford (604) 951-7345 • Coquitlam (604)-939-2833*

## ***Clinic Services***

### ***Physiotherapy Services***

- orthopedic, manual and manipulative therapy
- sport specific training
- personal conditioning
- WCB/MSP/insurance therapy provider
- ICBC post-MVA rehab programs

### ***Hand Therapy Services***

- immediate traumatic & post-surgical care
- wound care
- custom hand splinting/bracing
- scar management
- WCB recognized hand therapy provider
- work conditioning

## ***Common Conditions***

- back injuries
- neck pain & whiplash
- sports injuries
- traumatic injuries
- post fracture
- arthritic problems
- sciatica
- carpal tunnel
- overuse injuries
- sprains & strains

Custom splints made by a knowledgeable therapist should immobilize neither too much nor too little.

Custom splints can be easily modified. Most are made out of low temperature thermoplastics, which are heated and molded directly onto the skin, thus taking on the contours of the patient and giving a precise fit. Any specific modifications can be made as the material can be reheated, added-to or adjusted in many ways.

Regarding cost, generic splints aren't always cheaper as many extended benefit plans reimburse for up to 80% of the cost of custom splints, but will not reimburse for generic ones.

By Joanne Smith BSc.O.T., CHT

## **Closure of Surrey Memorial Hospital's Occupational Therapy Outpatient Department**

The recent announcement regarding SMH's outpatient occupational therapy department's closure has left a void in the community. Many of the patients being treated at that facility are now in the position of finding other arrangements.

Conveniently located blocks away from Guildford Towne Center and minutes from the #1 highway, our Surrey clinic may be of assistance in providing treatment to patients who require follow up and therapy after a hand injury. Our occupational therapists are skilled in treating the same conditions and injuries as would normally be seen at SMH's outpatient department.

Alternatively, the outpatient departments at Peach Arch and Royal Columbian Hospital's have active outpatient occupational therapy departments with comparable pricing to our own. In addition, the occupational therapists at St. Mary's are highly skilled in making splints for patients with arthritis and continue to have subsidized pricing available.

Please note that a splint made by an occupational therapist tends to be 1/2 to 1/3 the cost of a splint made by an orthotist. The therapist will also do an assessment and give advice in regards to rest, positioning and activities. Finally, thanks to heavy lobbying by the hand therapy community, our Liberal government will now reimburse the cost of splints made by occupational therapists for most patients on social services. To make an appointment for a splint please call us at 604-951-7345, and Yvonne will be happy to assist you.

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### **Guildford Physiotherapy & Hand Therapy Clinic**

Mon – Fri. 7:00 a.m. – 8:00 p.m.

Sat. 8:00 am – 2:00 p.m.

Phone: (604) 951-7345

www.guildfordphysio.com

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### **Coquitlam Physiotherapy & Hand Therapy Clinic**

Mon – Fri. 9am – 5pm

Phone: 604-939-2833

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