

Guildford Physiotherapy & Hand Therapy Clinic

#200 – 15387 104th Ave. Surrey B.C.

Coquitlam Physiotherapy & Hand Therapy Center

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

Spring 2004

Announcement!!

Starting this summer we will be meeting the needs of the community by offering a new Women's Health Service to those who are requiring post mastectomy treatment. This pilot project will be initially offered at our Guildford location only.

Physiotherapists Nikki Tait and Michelle Labandelo will provide a comprehensive soft tissue / neuromusculoskeletal assessment, manual techniques to improve shoulder & arm mobility, scar management to minimize adhesions and facilitate successful healing, manual and mechanical lymph drainage to reduce lymphedema, education on compression garments and sleeves, and individualized home programs to maintain flexibility and increase mobility and strength.

New Referral Pads

We have finished developing the new referral pads which can be used for both our Guildford and our Coquitlam locations. They have a new look, with the same standout purple color. This new look encompasses the variety of services which we provide to the community and presents it in a comprehensive format. It also allows the referring physician the ability to specify which therapist they wish their patient to see. (if there is a preference). As our Women's Health and Neurorehabilitation categories are pilot programs, they are currently offered only at our Guildford site

Frequently Asked Questions About Certified Hand Therapists

1) What is a Certified Hand Therapist (CHT)?

A certified hand therapist is an OT or PT who has a minimum of 5 years of clinical experience, including 4,000 + hours in direct practice relating to hands and the upper extremity. In addition, the CHT must successfully pass a comprehensive test of advanced clinical skills and theory in upper extremity rehabilitation.

2) What conditions can be treated by CHT's?

Fractures	Tendon Injuries
Tendonitis	Amputations
Nerve Injuries	Nerve Compressions
Tumors or Cysts	Arthritis
Burns	Sprains or Strains

CHT's are also available on a consult basis, and are highly skilled in evaluating:

Wounds & Scars
Edema
Strength & Endurance
Pain
Range of Motion
Sensibility
ADL, vocational / avocational areas

3) What is the difference between Hand Therapy and regular Physiotherapy?

Hand therapists have in-depth knowledge of the workings of the hand, wrist, and elbow, and utilize different approaches and techniques to treatment. Often the hand therapist will utilize a hot water whirlpool, or prepare a sterile individual forearm/hand bath for the patient to debride or clean wounds. A hand therapist may also use hot wax treatment to warm up the joints

• **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

Answers to Frequently Asked Questions con't

and assist with ROM activities. Hand therapists can be either occupational therapists or physiotherapists providing different perspectives in resolving a patient's problem resulting in more complete care.

4) How can we make a referral to a Certified Hand Therapist?

Referrals can be made on regular physician's referral pads, or our new referral pads have a separate area for Hand Therapy referral

5) What are the different types of splints?

There are a wide variety of splints available for many different conditions. We have Occupational Therapists who specialize in custom making any number of splints from individual digit injuries to more complex situations. We use thermoplastic materials to form each splint to the individual. Often these splints can be modified or changed on subsequent visits without the need to create a new product. As the individuals condition changes, the splint is adapted to meet their new needs.

7) Scar management

Cica Care and Elastomer Scar insert are some of the products used for scar management. We also carry a variety of pressure garments to assist in this area.

Noteworthy

- Trevor Fraser CHT attended a MOA meeting and fielded many questions regarding hand therapy. A sampling of those questions was the focus for this spring's newsletter. If you have any further questions or would like clarification on a topic, please do not hesitate to call us at 604-951-7345
- Donna Burrage CHT, Tracy Gramer CHT, & Michelle Labandelo PT are the most recent additions to our treatment team at Guildford. We are also welcoming new front staff members Pam Heer, Ravinder Sarai, Steve Hoang, and Ivy Peralta to the Guildford facility.
- Off traveling – Diana Matthews has recently returned from an extensive vacation in China, Laos, and Vietnam, and Michelle Labandelo has returned after a vacation in Australia.
- Joy Kirkwood CHT is off to Scotland in June to attend the International Federation of Societies for Hand Therapy 5th Congress.

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

Coquitlam Physiotherapy & Hand Therapy Center

Mon – Fri. 9am – 5pm

Phone: 604-939-2833
