



Hand Therapy

Our certified hand therapists can assist in healing and exercise performance.

Hand therapy can assist in healing and exercise performance. Rochester Regional Health's hand therapy programs are staffed by occupational and physical therapists, who specialize in upper limb rehabilitation. As certified hand therapists, we provide non-operative and post-operative treatment for conditions of the shoulder, elbow, wrist, and hand.

Common Issues:

- Tendonitis/tendonosis
- Carpal tunnel
- Fractures
- Tendon/nerve repairs
- Trigger finger/thumb
- Arthritis
- Complex regional pain syndrome
- Post-surgical diagnosis of elbow, wrist, thumb, or fingers

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Treatment may include:

- Custom splinting
- Individualized instruction on exercises to restore functional use through movement, strength and coordination
- Education in protecting joints to improve function
- Modalities for pain control
- Edema and scar management

LOCATIONS:

Physical Therapy – Irondequoit

1381 East Ridge Rd
Ste 210
Rochester, NY 14621
P 585.922.1700
F 585.922.1799

Physical Therapy – Linden Oaks

360 Linden Oaks Dr
Ste 200
Rochester, NY 14625
P 585.922.9700
F 585.922.9701

Physical Therapy – Greece

2655 Ridgeway Ave
Ste 320
Rochester, NY 14626
P 585.368.6600
F 585.368.6601