



Center for  
Physical Therapy  
and Hand Therapy  
Ingela Henningsen



## Goals

The physical therapist evaluates the patient's physical impairments such as strength, balance and coordination and creates an individualized treatment program that will maximize mobility and facilitate an active return to the community.

Each physical therapy program is innovative and outcome-oriented with the patient's goals as the central focus.

Physical therapy can be provided for impairments caused by a variety of conditions including, but not limited to:

- Sports Injuries
- Work Related Injuries
- Repetitive Strain Injury
- Carpal Tunnel Syndrome
- Thoracic Outlet Syndrome
- Tendonitis and Sprains
- Traumatic Injuries
- Fractures of the Hand and the Arm
- Rotator Cuff Injuries
- Tendon and Nerve Repair
- Soft Tissue and Crush Injuries
- Replantations
- Arthritis
- Joint Replacements
- Burns
- Complex Regional Pain Syndrome / RSD
- Dupuytren's Disease
- Congenital Disorders
- Acute and chronic musculo-skeletal Injuries and Conditions...

## Treatment Modalities

- Hand Therapy
- Manual Therapy
- Manual Lymphatic Drainage
- Cranio-Sacral Therapy
- Reflexology
- Bobath
- Vojta
- Scoliosis Therapy...

## Physical Agents

- Various Heats and Ice
- Ultrasound
- Physio-Taping
- Massage Therapy...

## Hand Therapy

Our team consists of Therapists with advanced education and training. Using the latest techniques, we provide one-on-one therapy, specializing in the treatment of the hand and the upper extremity.

Treatment focuses on helping patients regain maximum use of the hand and upper extremity after injury, surgery, or the onset of disease.

## Our services include

Examination and patient education regarding:

- Diagnosis / Condition
- Joint protection / Precautions
- Symptom management
- Task modification
- Ergonomics
- Wound care
- Range of motion and strengthening exercises
- Scar management
- Edema control
- Sensory re-education
- Fabrication of custom splints for the purpose of Protection or rest of soft tissues Support of weak or absent musculature Correction of joint stiffness/increase of range of motion
- Conditioning exercises for return to work

## Map of Area



- Stops for streetcar and nearby Suburban Train Station
- Parking in front of the Therapy Center

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