



# TLC HAND THERAPY

TLC PHYSICAL THERAPY



## COMMON DIAGNOSIS:

- ✎ Fractures
- ✎ Tendon Injuries
- ✎ Amputations
- ✎ Nerve Injuries
- ✎ Nerve Compressions
- ✎ Tumors & Cysts
- ✎ Arthritis
- ✎ Burns
- ✎ Rotator Cuff Injuries
- ✎ Impingement Syndrome
- ✎ Sprains & Strains

✎ The intricate anatomy of the arm and hand, combined with newer surgical procedures, necessitates a high level of competency and advanced knowledge.

✎ Hand surgeons work closely with Certified Hand Therapists (CHT's) to ensure good results after hand surgery.

✎ TLC has a staff of experienced, CHT's who specialize in the treatment of injuries to the hands and upper extremities.

### Our Approach:

Our therapists take a comprehensive approach to treatment. We recognize that an injury is often not isolated to one area, but may stem from another related source. A problem with the hand or wrist, for example, may originate in the neck and be the result of repetitive stress or work posture.

### Our Treatment Plan:

At TLC, we work one-on-one with patients to develop individualized treatment plans. We provide the best possible therapeutic care, choosing from a full range of approaches including:

- |                    |                          |
|--------------------|--------------------------|
| ✎ Custom splinting | ✎ Electrical stimulation |
| ✎ Heat             | ✎ Ultrasound             |
| ✎ Cold             | ✎ Exercise               |

Educating patients on ways to improve and maintain their capacity to function and to prevent future injury is our goal.