

# PUT YOUR HANDS IN OUR HANDS

The Hand Care team at Kettering Sports Medicine Center (KSMC) is staffed with highly qualified and experienced specialists. Due to the highly complex anatomy of the hand and arm, treatment is enhanced when provided by professionals with specialized training. Most KSMC locations have on staff a certified hand therapist, a credential certifying advanced knowledge in the area of upper extremity rehabilitation. The team has a proven track record of helping restore movement and, more importantly, function to persons with an injury or illness affecting the hand or arm. The KSMC team plays a vital role in helping patients regain a healthy and productive lifestyle.



## CONDITIONS REQUIRING TREATMENT

KSMC's team of occupational therapists, physical therapists, and certified hand therapists treat a variety of injuries and conditions including, but not limited to:

- ✎ Fractures
- ✎ Lacerations
- ✎ Amputations
- ✎ Neuropathy
- ✎ Tendon or nerve injuries
- ✎ Cumulative trauma disorders (tendonitis, carpal tunnel syndrome, tennis elbow)
- ✎ Arthritis
- ✎ Joint implantation



## TREATMENT METHODS

Early intervention and treatment is critical for successful rehabilitation. Physician recommendations are used along with information gathered from a comprehensive Hand Care team evaluation to establish specific, individualized treatment programs that will best meet each patient's needs. Treatment methods may include:

- ✎ Therapeutic exercise
- ✎ Edema and pain control
- ✎ Sensory re-education
- ✎ Joint/soft tissue mobilization
- ✎ Written home program
- ✎ Wound and scar management

- ✎ Coordination training
- ✎ Splinting
- ✎ Modalities
- ✎ Activities of daily living training

## STATE-OF-THE-ART TREATMENT MODALITIES

KSMC maximizes recovery in a time-effective manner by offering the most current treatment to control pain and promote healing, strengthening, and range of motion. These modalities include:

- ✎ Computerized BTE work simulator
- ✎ Functional electrical stimulation
- ✎ Iontophoresis and Phonophoresis
- ✎ Paraffin
- ✎ Ultrasound
- ✎ Cold laser
- ✎ Fluidotherapy
- ✎ Heat/cold
- ✎ Custom fabricated splints



Call the location closest to you to determine the availability of these modalities.

## REFERRALS

A physician's prescription is required for treatment in most cases. To assure the best outcome possible, every effort is made to schedule patients within 48 hours at one of our KSMC sites. Walk-ins are welcome, but may not be seen immediately.



# HAND CARE

KETTERING MEDICAL CENTER



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## CASE MANAGEMENT

Referring physicians play a vital role in the rehabilitation process and are routinely kept abreast of their patient's progress. The Hand Care team encourages each patient to keep appointments with their referring physician. In addition, KMC's hand team ensures optimum use of therapy services by communicating and coordinating with rehabilitation case managers and insurance representatives as needed.

## INSURANCE AND FEES

Most third party payors cover hand therapy/ occupational therapy. KMC's outpatient billing staff are available to assist patients with insurance questions and concerns.

## OFFICE LOCATIONS

### Kettering Sports Medicine Center

3490 Far Hills Avenue  
(937) 395-3910

### Sycamore Medical Center

4000 Miamisburg-Centerville Road  
(937) 384-8783

### Englewood Health Center

1250 W. National Road, Suite 200  
(937) 832-8982

### Tipp City

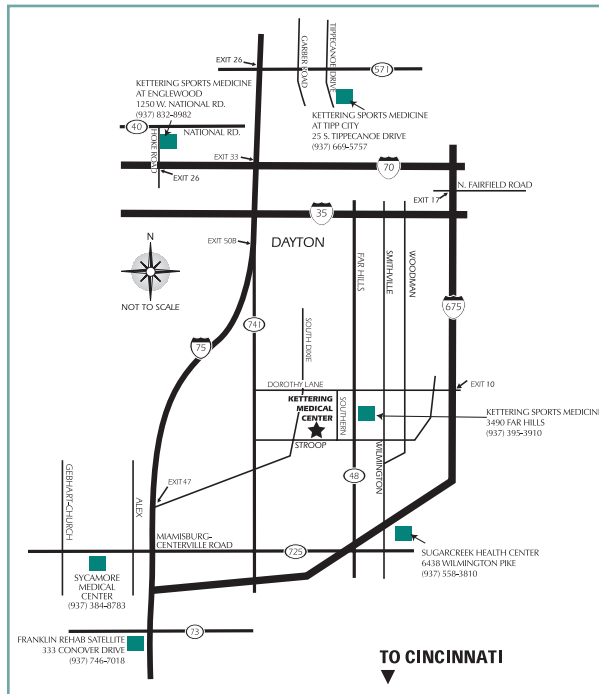
25 S. Tippecanoe Drive  
(937) 669-5757

### Sugarcreek Health Center

6438 Wilmington Pike  
(937) 558-3810

### Franklin

333 Conover Drive, Suite I  
(937) 746-7018



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