

# THE UPPER EXTREMITY REMEDY



NEWSLETTER FOR HAND THERAPY SPECIALISTS, INC.

SPRING 2004 ISSUE 2

## CERTIFIED HAND THERAPISTS: BETTER CARE - BETTER OUTCOMES

### DID YOU KNOW...

- One third of all acute injuries seen in emergency rooms involve the upper extremities.
- Two thirds of upper extremity injuries occur to individuals in their working years.
- The most common work injuries in the U.S. involve the upper extremities, accounting for over one fourth of all work disabilities.
- One fourth of athletic injuries involve the hand and wrist.
- Children under the age of six are at the greatest risk for crushing or burning injuries to the hand.

### WHY CHOOSE A CERTIFIED HAND THERAPIST FOR YOUR PATIENTS?

Today, there are many options for patients to choose from for therapeutic and rehabilitative care. Many practices and clinics offer hand and upper extremity care, yet their scope of services may be very limited. Only a specialized practice can offer you:

- A high degree of specialization that requires advanced study and training focused solely on rehabilitating patients with conditions and injuries affecting the hand and upper extremity.
- Accurate assessments, immediate care and effective therapy that reduces treatment time.
- A continuum of care that eliminates the need for multiple medical providers.
- Faster recovery that results in decreased medical cost, improved quality of life and increased patient satisfaction.
- Hand therapists compliment the skills of the referring physician in order to provide the most comprehensive care for their patients.

### WHY HAND THERAPY SPECIALISTS, INC. SHOULD BE YOUR FIRST CHOICE.

At Hand Therapy Specialists, we are committed to ensuring that your patients receive the appropriate treatment so that they may return to their normal routines as soon as possible. We design a personalized, one-on-one program for the hand and the *entire upper extremity*, providing your patients with seamless care. In addition:

- **We are Specialized** – Four of seven therapists at HTS are Certified Hand Therapists, which requires at least five years of clinical experience, two years of direct practice in hand therapy and successful completion of a rigorous certification exam.
- **We are Experienced** – Therapists at HTS have over 70 total combined years of experience specializing in the treatment of the upper extremity. All therapists work as a team to draw upon each other's experience to offer the patient the best treatment possible.
- **We are Advanced** – By attending continuing education seminars and workshops, our therapists are well versed in the latest advances in treatment and technology.
- **We are Comprehensive** – We offer comprehensive services - from wound care and suture removal to customized static and dynamic splinting. Our therapists treat all conditions, we welcome even the most difficult cases, such as amputations, replantations, crush injuries, multiple site injuries and fresh (acute) tendons.

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### HTS Happenings

*In an effort to ease the transition for your patients from your practice to ours, we would like to take this opportunity to introduce you to our staff.*



*Left to Right: Joe Brescia, Jennifer DeYoe, Allyce Staffen, Fran Kabn, Jeanette Haughton, Pam Spear  
FRONT: Sara Cook, Lisa Pryor, Denise Diver-Laver, Becky Noonan*

*In each issue of the Upper Extremity Remedy, we will spotlight one of our employees. We hope that this information will aid you in caring for your hand and upper extremity patients.*

### Announcing the opening of three new offices

To better serve you and your patients, we have recently opened three new offices:

- **Sterling**  
21475 Ridgetop Circle, Suite 340  
Sterling, VA 20166  
Office # (703) 430-6322  
Fax # (703) 430-8776
- **Centreville**  
6201 Centreville Rd., Suite 600  
Centreville, VA 20121  
Office # (703) 263-9404  
Fax # (703) 263-9403
- **Springfield**  
6417 Loisdale Rd., Suite 301  
Springfield, VA 22150  
Office # (703) 719-9460  
Fax # (703) 719-9461

## BETTER CARE - BETTER OUTCOMES *(Continued from front page)*

- **We Have a Team Approach** – We work closely with all referring physicians in order to gain a solid understanding of particular rehabilitation preferences. In addition, our therapists provide ongoing communication regarding each patient's progress.
- **We Offer Focused Patient Care** – Our one-to-one therapist to patient ratio ensures that each patient receives a treatment plan designed especially for their needs. We work with patients through every step of their care to ensure successful outcomes.
- **We are Splinting Experts** – Our therapists custom design each splint to perfectly fit their patients. Due to the sheer volume of splints that we have made over the years, we have become experts at the trade. A custom-made splint will provide your patient with a more comfortable fit and a more flexible range of motion. An off-the-shelf splint that cannot be customized to fit your patient may restrict the range of motion, which can lead to additional problems.

When your patients require hand and upper extremity rehabilitation, Hand Therapy Specialists is here to work with them offering one-on-one, comprehensive care that will hasten their return to a productive lifestyle

### FRAN BERGER KAHN, OTR/L, CHT

*Owner/Director Hand Therapy Specialists, Inc. – Ms. Kahn received her Bachelor of Health Science in Occupational Therapy from the University of Florida in 1978. For three years, Fran worked as a Staff Occupational Therapist in Florida. In 1981, Fran moved to Arlington, Virginia to continue her career in hand and upper extremity therapy.*



*In 1989, Fran's passion and commitment to assisting patients with hand and upper extremity problems led her to open Hand Therapy Specialists, Inc. After 15 years, Fran's practice is still dedicated to providing the most advanced and comprehensive care for the hand and upper extremity. With 19 years experience exclusively in hand and upper extremity therapy, Fran lectures at many local and national seminars. She is committed to providing a comfortable and convenient environment for healing where patients can recover quickly.*



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