

# Hand Therapy | Outpatient Rehabilitation Services | Valley Health Wellness & Fitness Center

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Process

Ask your physician for a referral and then call to make an appointment.

Self Refer

No

Valley Health Rehabilitation Services

<http://www.valleyhealthlink.com/?id=427&sid=1>

Main

(540) 536-3013

401 Campus Boulevard

22601 VA

United States

Payment Method(s)

Private Pay

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Tricare

,  
Medicare

,  
Private Insurance

Languages Spoken  
English

Hand therapy helps people return to maximum function in their daily activities in the home, school, and workplace after an illness or injury.

Our staff of occupational therapists has received extensive training in upper extremity rehabilitation, and many are certified by the Hand Therapy Certification Commission. Hand therapists coordinate closely with the patient's physician or surgeon to provide a specialized rehabilitation program.

- Wound and scar management to facilitate healing and control problems caused by excessive scarring such as stiffness or pain.
- Soft tissue mobilization of the numerous ligaments, tendons and nerves of the hand. Hand therapists help provide proper positioning and exercises to enhance tissue repair and increase normal pain free movement.
- Custom splints and braces to support arthritic joints or fractures. Other splints offered are used to protect healing tissue in cases of tendon lacerations.
- Desensitization and sensory re-education to decrease pain from damaged nerves and help the hand regain its ability to recognize textures and objects by touch.
- Education and home exercise programs to maximize recovery.
- Recommendations for adaptive equipment and techniques to promote independence with activities of daily living.

Hand therapy is covered under Medicare, and many insurance companies will reimburse the cost of this service. Ask your physician for a referral and then call to make an appointment at the facility closest to you.

Hand Therapy, Outpatient Rehabilitation Services located in:

Front Royal 540-635-0730

Winchester 540-536-3013

Woodstock 540-459-1164

Service Area(s)

Clarke County

,

Frederick County

,

Page County

,

Shenandoah County

,

Warren County

,

Winchester City