

Physical Therapy, Rehabilitation and Sports Medicine

Hand Therapy Program



Are you experiencing hand, wrist, or elbow pain? Relief is close to home.

You use your hands for everything from turning doorknobs to opening jars. To be without full use of them can significantly impact your life. If you suffer from hand, wrist or elbow pain as the result of a trauma, disease or over-use the hand therapists at Chester County Hospital's Department of Physical Therapy, Rehabilitation and Sports Medicine can help.

Our staff treats numerous conditions, including:

- arthritis
- tendonitis
- overuse injuries
- wrist and elbow pain
- burns
- complex regional pain syndrome
- connective tissue disorders
- traumatic and work-related injuries
- fractures
- injuries as the result of playing sports or music
- nerve and tendon injuries

Our staff includes a team of certified hand therapists who are licensed physical and occupational therapists that have advanced training and clinical experience in the evaluation and treatment of injuries and conditions related to the upper extremity. In fact, our team has more than 50 years of combined experience in treating the upper extremity. As such, our hand therapists have three basic goals—helping you restore maximum function, preventing dysfunction and promoting your overall well-being.

A physician's prescription is necessary for treatment.

As part of our program, you'll receive a thorough evaluation from which we'll develop an individualized treatment program that will be reviewed with your physician.

Treatment may involve:

- hot or cold packs
- paraffin therapy
- fluidotherapy
- ultrasound
- electric stimulation
- splinting
- therapeutic exercise
- wound and scar care
- desensitization or sensory re-education
- functional training
- home therapy program
- ergonomic training

Physical Therapy, Rehabilitation and Sports Medicine

WEST CHESTER

Fern Hill Medical Campus
915 Old Fern Hill Road
Suite 4, Building A
West Chester, PA 19380
610.738.2480

EXTON

The Commons at Oaklands
700 West Lincoln Highway
Exton, PA 19341
610.518.5845

KENNETT SQUARE

Medical Office Building at
New Garden
830 West Cypress Street
Kennett Square, PA 19348
610.444.6242

SOUTHERN CHESTER COUNTY

455 Woodview Road
Suite 115
West Grove, PA 19390
610.345.1950