

ORTHO GO

PHYSICAL THERAPY

Orthogo Physical Therapy Newsletter

Coming Soon

The difference between TMJ and TMD. What it is and how we can help you.

IF YOU WANT TO COME BACK

If you are having problems with a previously diagnosed condition, there is a good chance that we can see you again, and your insurance will cover it. Just give us a call. You may need a refresher of your exercise program, a little soft tissue work to get you back on track, or a couple of visits to remind you of how to manage your pain.

Give us a call. We want to help.

PHYSICAL THERAPY FOR WRIST AND HAND PROBLEMS

Hand and wrist problems are very common. If you have kids that snowboard or skate, you know what I mean. Falls cause sprains, strains and in some unfortunate cases, broken bones. For some adults, carpal tunnel syndrome (also known as CTS) is another wrist condition that you have probably heard of as well. It affects about 3 in every 1000 people. The tendons that run through the "tunnel" of the wrist become inflamed and the resulting swelling causes pressure on the Median nerve. Tingling in the thumb and index and middle finger are common and if it progresses, hand muscle weakness can be the result. Usually, a combination of factors such as an injury, repetitive motion, prolonged and repetitive use of machine tools, pregnancy, hormone imbalance, rheumatoid arthritis, and other conditions can lead to the development of CTS.

There are a variety of other hand and wrist problems that you hopefully will never experience. However, if you do develop a hand or wrist problem, require rehabilitation after a broken bone or experience carpal tunnel syndrome, please do not hesitate to give us a call.

DOWNLOAD OF THE MONTH

If you were ever interested in maintaining your neck motion and flexibility, here is a program for you.

Click here to Download this program

<http://webapp.realtimerehab.com/prescription/order/95FVE4SK>
Click On or Type the URL above into your browser address bar

As with any exercise program, make sure to consult your physical therapist or physician first.

Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

Clinics

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"...physical therapists are well qualified to treat hand and wrist patients..."