

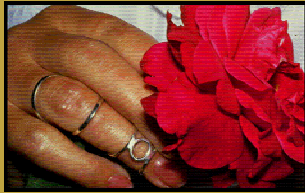


Comprehensive upper extremity rehabilitation

**COLORADO HAND THERAPY, LLC**

# Arthritis Treatment Services

## Comprehensive Upper Extremity Rehabilitation



Silver Ring Splint

### Resources:

[www.youcantoocan.com](http://www.youcantoocan.com)  
or 1-888-663-9396

• [www.arthritis.com](http://www.arthritis.com)

• [www.arthritis.org](http://www.arthritis.org)

• [http://www.beabletodo.com/  
StoreFront.bok](http://www.beabletodo.com/StoreFront.bok)

• [http://cdc.gov/arthritis/intervention/  
index.htm](http://cdc.gov/arthritis/intervention/index.htm)

The focus of our clinic is to help the arthritis patient with pain management and to achieve functional independence with activities of daily living.

## Conservative Treatment

- **Education** in joint protection techniques, adaptive equipment and activity modifications to enhance independence in activities of daily living.
- **Pain reduction modalities and instruction** in techniques for self-management of pain.
- **Paraffin wax** for deep joint pain relief, with instruction in home use when appropriate.
- Instruction in appropriate use of **exercises** to increase and maintain range of motion.
- **Gentle strengthening** to increase and maintain strength without increasing symptoms.

## Post-Operative Treatment

- **Splinting** to protect surgical repairs and reconstructions.
- **Edema control** and recommendations for home techniques.
- **Pain reduction** modalities and education for self-management of pain.
- **Wound care and scar remodeling techniques** to increase range of motion and decrease potential for adherence.
- **Exercise instruction** to optimize motion within surgical precautions.
- **Strengthening exercises** to enhance function without increasing pain.

## Splint Fabrication

Static and Dynamic splinting for:

- Protection
- Positioning
- Function
- Silver Ring Splint fitting



**FIVE CONVENIENT LOCATIONS SERVE THE DENVER-METRO AREA  
AURORA • DENVER • LITTLETON • PARKER**

**303-777-2393**

[www.coloradohandtherapy.net](http://www.coloradohandtherapy.net)