

## Locations



**Brentwood**  
10 Brentwood Drive, Suite A  
Ithaca, New York 14850  
(607) 274-4159



**Cayuga Wellness Center**  
310 Taughannock Blvd., Suite 1C  
Ithaca, New York 14850  
(607) 252-3500



**Cortland Campus**  
1129 Commons Avenue  
Cortland, New York 13045  
(607) 274-4159

## How do I get started?

Most insurances require a prescription from your doctor. To schedule an appointment with a physical or occupational therapist, please call one of our three convenient locations:






<b>Brentwood</b>	<b>(607) 274-4159</b>
<b>Cayuga Wellness Center</b>	<b>(607) 252-3500</b>
<b>Cortland</b>	<b>(607) 274-4159</b>



A Collaborative Partner of Cayuga Medical Center

[cayugawellness.org](http://cayugawellness.org) [f](#) [t](#) [i](#)

**Your wellness destination to comprehensive services all at one convenient location in Ithaca:**

-  Cayuga Center for Healthy Living
-  Island Health & Fitness
-  Physical Therapy
-  Rasa Spa
-  Sports Medicine and Athletic Performance

## Hand Therapy Services

BRENTWOOD • CAYUGA WELLNESS CENTER • CORTLAND



**PHYSICAL THERAPY**





Welcome to

# Physical Therapy

*Improving range of motion, strength, and function through physical, occupational, and speech therapies*



With an experienced team of physical therapists, physical therapist assistants, occupational therapists, and speech-language pathologists, Cayuga Medical Center (CMC) continues as the area's leader in outpatient therapy services. Our team has extensive training, expertise, and professional certifications that are unmatched in the Finger Lakes region.

We provide therapeutic and rehabilitation services for both our active and recuperating clientele of all ages.

## Hand Therapy Program

The wrist and hand are the most active and intricate parts of the upper body, which make the hand especially vulnerable to injury. The hand is made up of nineteen bones and nineteen joints. There are twenty six muscles, thirty five tendons, and several other supporting tissues acting on the hand to allow a wide range of movement. Our hands also provide us with sensory information such as temperature, texture, depth, and the shape of objects. A wrist or hand injury can seriously diminish our ability to accomplish even the simplest of tasks.

## Who is the program right for?

The Hand Therapy Program is appropriate for anyone who is experiencing limited mobility, weakness, pain and discomfort, and difficulty performing activities at home or work. Some of the most common diagnoses we treat include fractures, tendon injuries, nerve injuries, carpal tunnel syndrome, burns, tendonitis, repetitive strain, arthritis, and the postoperative hand.

## What are the treatments?

- **Patient education** – ergonomics, arm/body positioning, and home exercise program
- **Therapeutic exercise** – range of motion, flexibility, and strengthening
- **Manual therapy** – soft tissue and joint mobilization
- **Custom splint/orthotic fabrication** – to support and/or protect the hand and improve function
- **Modalities** – fluidotherapy, paraffin, electric stimulation, and ultrasound

## What are the benefits?

- Reduction of pain and discomfort
- Improved ability to use hands, wrists, and arms at home, work, and during recreational activities
- Prevention of future problems

## Does my insurance cover this?

Most insurances do cover hand therapy. Check with your insurance company to see if your policy covers physical therapy services.

