



Orthotics For The Upper Extremities

Trust the Expertise of a Certified Hand Therapist
The Recognized Specialist in Hand Therapy



Orthotic devices are commonly referred to as splints in the medical community. Orthoses are either customfabricated or pre-fabricated and have the purpose of immobilizing or mobilizing a specific area of the body. They are dispensed to patients with a wide variety of medical diagnoses and surgical procedures.

Occupational therapists and physical therapists have a special interest and technical expertise in fabricating and dispensing orthoses to patients. The specialty certification that recognizes therapists with expertise in the upper extremity and in orthotics is the Certified Hand Therapist (CHT) credential. In addition to years of clinical experience and medical education related to the upper extremity, CHTs must pass a stringent examination which includes content related to orthotics.

The medical community and the public can feel confident that the certified hand therapist has in-depth expertise in the fabrication and fitting of orthotics to the upper extremity.

Outlined below are some common medical conditions treated non-surgically where orthoses have proven effective:

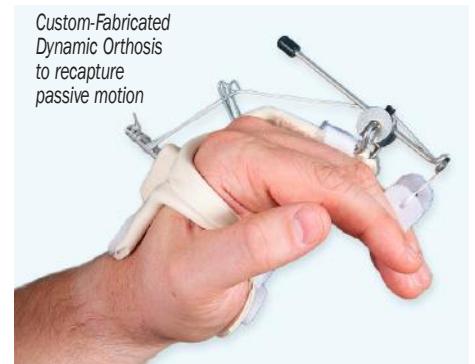


Custom-Fabricated Finger Orthosis for PIP Joint Dorsal Dislocation



Custom-Fabricated Thumb Orthosis for Arthritis - Base of Thumb

- ▶ Carpal Tunnel Syndrome
- ▶ Cubital Tunnel Syndrome
- ▶ Tendinitis
- ▶ Basilar Joint Arthritis of the Thumb
- ▶ Finger Dislocations
- ▶ Finger Fractures
- ▶ Tendon Injuries
- ▶ Lateral Epicondylitis
- ▶ Joint Sprains/Strain



Custom-Fabricated Dynamic Orthosis to recapture passive motion

It is extremely common for patients to require orthoses following surgical intervention to the upper extremity. Common procedures where immobilization or mobilization is necessary following surgery and orthoses are indicated include:

- ▶ Fractures
 - ▶ Humerus
 - ▶ Radius
 - ▶ Ulna
 - ▶ Carpal Bones
 - ▶ Hand
- ▶ Tendon Injuries
 - ▶ Ligament Repairs
 - ▶ Joint Replacements
 - ▶ Dupuytren's Disease
 - ▶ Surgeries for Arthritis
 - ▶ Crush Injuries
- ▶ Recapturing Passive Motion following Immobilization



Custom-Fabricated Wrist Orthosis for Carpal Tunnel Syndrome



The expertise and creativity of the Certified Hand Therapist is reflected in the following custom-fabricated orthoses designed to enhance function of the upper extremity.



To locate a CHT in your area go to www.htcc.org and click on “Find a CHT”

The credentialing body for the Certified Hand Therapist is the Hand Therapy Certification Commission (HTCC). Credentialing Requirements for the Certified Hand Therapist includes:

- ▶ Three years clinical experience as an occupational therapist or physical therapist
- ▶ 4,000 hours or more in direct practice in hand therapy
- ▶ Passing a standardized examination specific to the evaluation and therapeutic management of the upper extremity
- ▶ Current, active state license in good standing
- ▶ Recertifies every five years by work and professional development hours



HAND THERAPY CERTIFICATION COMMISSION

Hand Therapy Certification Commission, Inc.

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