



Hand therapy.

The intricate anatomy of the hand combined with the technical complexity of advanced surgical procedures require great competency and advanced knowledge and skills to achieve successful results. Most hand surgeons rely on Certified Hand Therapists (CHTs) to ensure the best results after hand surgery. There are very few CHTs in the Saginaw and Bay City areas. One of the best is at Back In Motion Rehabilitation.

How we can help.

We use our hands for just about everything. Unfortunately, our hands are also subject to many injuries, most of which can be treated by our CHT.

- Hand pain is an extremely common complaint that has many causes. Because we use our hands for so many common activities, hand pain can cause significant problems. In order for proper treatment of hand pain, the cause of the problem must be identified.
- Hand arthritis is a problem that can cause pain and difficulty performing normal activities. There are several causes of hand arthritis, and fortunately there are a number of treatments for wrist arthritis.
- Wrist tendonitis is a common problem that can cause pain and swelling around the wrist. Wrist tendonitis is due to inflammation of the tendon sheath. Treatment of wrist tendonitis usually does not require surgery.
- Wrist sprains are common injuries to the ligaments around the wrist joint. Wrist sprains can cause problems by limiting the use of our hands.
- Trigger finger is a common orthopedic hand problem where one of your fingers or thumb catches or locks in a bent position.
- Finger sprains and dislocations are injuries to the ligaments and soft tissues around the small joints of the fingers. It is important to obtain a proper diagnosis of a finger sprain or dislocation so that your treatment is appropriate for the injury.
- Cubital tunnel syndrome causes compression of the ulnar nerve as it passes around the elbow.
- Ganglion cysts are lumps around the wrist and hand. Wrist ganglion cysts are benign collections of synovial fluid that arise either from a joint or tendon sheath.
- Carpal tunnel syndrome is a common condition that causes pain in the wrist. Treatment may include surgical correction.
- Ulnar collateral ligament tear is an injury to this ligament (UCL) in the thumb. Also called gamekeeper's thumb or skier's thumb.
- Dupuytren's contracture is a condition of thickening and contractions of the tissue on the palm of the hand.
- De Quervain's syndrome is an inflammation of the sheath or tunnel that surrounds two tendons that control movement of the thumb.
- Mallet finger is an injury to the fingertip caused by a blow to the end of the finger.
- Tennis elbow/golfer's elbow is an inflammation of the tendons and other structures of the elbow involved in gripping/swinging.

Whether you have a painful sprain or a more serious problem, we can help. We offer comprehensive, hands-on therapy and biomechanical evaluation. To learn more about how we can help hand and wrist problems, call Saginaw at 989-799-9150.



Back In Motion
Rehabilitation, LLC

Where experienced hands-on care gets results.

Two convenient locations:

Bay City: 2618 Center Avenue
Bay City, MI 48708 • 989-892-4557

Saginaw: 4884 Gratiot Avenue, Suite 19
Saginaw, MI 48638 • 989-799-9150

www.BackInMotionRehab.com