

Program Mission:

Learned Hands is an innovative injury prevention/restoration program dedicated to "working hands". The program goals are to:

- Identify and modify factors that may lead to hand dysfunction.
- Provide timely rehabilitation service for the injured client which will enable the participant to return to work at the current occupation.
- Provide those clients that are unable to return to previous occupation with an accurate assessment of their functional capacities & parameter of limitations. This would allow them to seek gainful employment by making informed decisions regarding a vocational rehab program.

Program Innovations:

- Evaluations include objective measurements of range of motion, strength, coordination & identification of fatigue. Assessments are done regularly to monitor progress.
- Latest technology and equipment are used for testing & rehabilitation. These include the BTE and identification of fatigue through spectral analysis using surface E.M.G.
- Individualized therapeutic program.
- Client/family education
- Audio-taped home programs.
- Regular communication with physician & rehabilitation specialist.
- Outcome studies.

Educational tool provided emphasize self-responsibility.

You learn about:

Letting go of unnecessary tension

Exercise safety

Attitude renaissance
(Focuses on ability & positive thinking)

Rest activity patterns

Normalizing range of motion

Edema management

Developing safe efficient movement strategies for various functions



Helpful movements to promote safety & support.

Anatomy & physiology

Nerve compression & decompression

Dynamics of hand/wrist

Stable shoulders create strong hands

"Learned Hands"TM

Work Responsibly

An Innovative Prevention/Restoration Program
for

- Cumulative Trauma Disorders
 - Carpal Tunnel Syndrome
- Reflex Sympathetic Dystrophy
 - Arthritis
- Hand Trauma/Dysfunction



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Specializing in function restoration programs