

Hand Therapy

30

devonshire street W



THE PRINCESS GRACE HOSPITAL



The Service

The use of our hands is an essential part of everyday life. When functional loss occurs, the problem may lie in the hand, wrist forearm or elbow. These form complex structures and malfunction in any small component produces dramatic loss in the whole upper limb. Correct management requires precise diagnosis and accurate treatment.

The Hand Therapy Clinic at 30 Devonshire Street provides comprehensive, individually tailored treatment for hand and upper limb conditions.

As specialists in their field, all our therapists are registered with the British Association of Hand Therapists.

The clinic has an association with an on-site Consultant Hand Surgeon as well as other Orthopaedic Consultant referrers.



Who do we see?

Our clients include athletes, musicians, office workers and any individuals who have experienced hand trauma or have undergone reconstructive surgery.

Hand therapy can help with a range of conditions including:

- Sport and work related injuries
- Hand and wrist fractures
- Carpal tunnel syndrome
- Dupuytren's contractures
- Soft tissue injuries/repairs
- Joint arthroplasties
- Reflex sympathetic dystrophy
- Arthritic conditions



Assessment

Initial assessment by the Hand Therapist will identify the specific problems and establish functional hand difficulties. Each individually planned treatment programme will include goals which are agreed by the patient and the therapist.

Therapy

Once a therapeutic programme has been planned, treatment methods may include:

- Custom made splinting
- Therapeutic exercising
- Dexterity and grip training
- Joint mobilisations
- Soft tissue mobilisations
- Post operative protocols
- Energy conservation techniques
- Scar wound management
- Electrotherapy
- Patient education

Offering a wide range of equipment, our skilled Therapists are able to construct all types of custom-made hand and wrist splints using a variety of materials. Manufacturers' splints are also available when appropriate.



Availability

We are open 9.00am to 5.00pm - Monday to Friday

Referral

If you would like to make an appointment or make further enquiries about our service please contact us on 020 7908 3660 during normal clinic hours.

The 30 Devonshire Street clinic is recognised by all major insurance companies including BUPA and PPP.



Other services include:

Physiotherapy

All physiotherapists employed at 30 Devonshire Street are specialists in the outpatient management of orthopaedic and musculoskeletal conditions.

Our clinicians are effective in dealing with **Post Operative and Post Fracture Rehabilitation, Back and Neck Pain, Work-Related Injuries, Sports Injuries and General Joint and Soft Tissue Dysfunction**. Treatment techniques are individualised, goal orientated and incorporate a high degree of patient input and activity to maximise effectiveness.

We also offer

Massage To treat soft tissue lesions, swelling and pain. The service is specialised for reduction of swelling in post-operative areas.

Pilates Mat Classes An exercise regime aimed at improving core (trunk) stability and spinal range of movement.

Fitness Assessment and Exercise Testing

Various objective markers and equipment are used to provide a detailed account of the individual's relative fitness including consultation on how to build on areas needing improvement

HCA

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HCA International is, above all, committed to the care and improvement of human life.

In recognition of this commitment, we strive to deliver high quality, cost effective healthcare in the communities we serve.

Contact Numbers

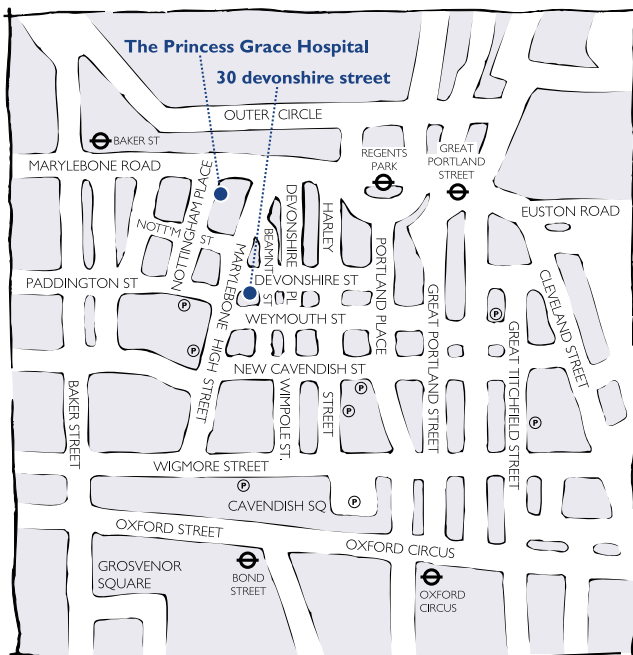
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The Princess Grace Hospital and
30 devonshire street

how to find us



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The main hospital switchboard 020 7486 1234

Visit our website at: www.theprincessgracehospital.co.uk

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