

# The Johns Hopkins Hospital Occupational Therapy Hand Rehabilitation

“A perfect anatomical repair without functional recovery is useless.”

*Raoul Tubiana*

Hand therapy focuses on functional recovery from an upper-extremity injury or disease process. Patients may be post-injury, post-surgery or dealing with a degenerative disease. Treatment programs are individualized to meet the goals of each patient. This is done through close communication between the referring physician, our specialized hand therapists and the patient.

## Commonly Seen

### Upper Extremity Diagnoses

- Skin grafts and flaps
- Vessel, nerve and tendon repair
- Tendonitis
- Complex Regional Pain Syndrome/ Reflex Sympathetic Dystrophy
- Ligament injuries
- Burns
- Multi-trauma
- Joint deformities/contractures
- Amputations/replantations
- Fractures
- Arthritis, including juvenile
- Joint replacements
- Tendon transfers
- Scleroderma
- Repetitive strain injuries
- Congenital hand anomalies
- Brachial plexus injuries



A certified hand therapist measures finger range of motion as part of an initial evaluation.

## Services Offered at Johns Hopkins

- Splinting: static, dynamic/progressive, fracture bracing
- Activities of daily living
- Sensory evaluation
- Desensitization
- Wound care
- Fine motor/gross motor coordination retraining
- Pre-op hand evaluation
- Joint mobilization
- Strengthening
- Range of motion/stretching
- Scar management
- Edema management
- Work conditioning
- Functional capacity evaluation/work-site evaluation
- Modalities
- Upper-extremity prosthetic training

## Referrals can be sent via mail or fax to

### The Johns Hopkins Hospital

600 North Wolfe Street  
Meyer 1-130  
Baltimore, Maryland 21287  
Phone: 410-614-3234  
Fax: 410-614-2065

### The Johns Hopkins Outpatient Center

601 North Caroline Street  
Suite 8008  
Baltimore, Maryland 21287  
Phone 410-955-0015  
Fax 410-614-8728

### Johns Hopkins at Green Spring Station

10753 Falls Road, Suite 235  
Lutherville, Maryland 21093  
Phone: 410-583-2665  
Fax: 410-847-3838

