

Occupational and Hand Therapy

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In the early summer of 2008 the Southampton Hospital Department of Rehabilitation revamped its Occupational Therapy department and opened a new outpatient Occupational Therapy clinic. Occupational Therapy, often abbreviated as “OT” incorporates meaningful and purposeful “occupation” as part of the physical rehabilitation plan in order to return an individual to their maximal level of independent function in the home, work, leisure or community environment following an illness or injury. The Southampton Hospital Occupational Therapy Department offers a wide range of patient evaluation and treatment services, including hand therapy / upper extremity rehabilitation, neurological rehabilitation, and medically based pediatric therapy.

Common diagnoses that are treated include: orthopedics: hand / upper extremity fractures, tendon & nerve injuries, post-surgical management, burns, tendonitis, repetitive strain injuries, and arthritis of the hand and upper extremity; neurology: CVA, MS, Parkinson’s, SCI; pediatrics: low muscle tone, birth injuries, congenital anomalies, torticollis / plagiocephaly, motor incoordination, and delayed developmental motor skills.

The outpatient service provides comprehensive evaluation and individualized treatment to a wide variety of patients with orthopedic, neurologic, and developmental motor impairments. Skilled occupational therapy intervention may include hand and upper extremity splinting / casting, wound & scar management, burn rehabilitation, physical agent modalities, therapeutic exercise, manual therapy, therapeutic handling and positioning techniques, neuromuscular re-education, ergonomic assessment / injury prevention, work hardening / conditioning, cognitive & perceptual rehabilitation, ADL/ IADL retraining, adaptive equipment training, and visual skills retraining.

Hand Therapy

Hand Therapy is complete hand and upper extremity rehabilitation performed by an experienced Occupational Therapist. The Occupational Therapist treats patients with acute, chronic, and post surgical conditions affecting the hand and upper extremity. Patients who are candidates for conservative or postoperative hand therapy may have been affected by upper extremity trauma or accident, such as fracture, tendon injury, nerve injury, or amputation; stroke or brain injury; hand arthritis; or repetitive strain injuries, such as carpal tunnel syndrome, trigger finger, or tennis elbow. Skilled occupational therapy treatment may include customized hand and upper extremity splint fabrication; wound and scar management, including hand whirlpool; edema control; therapeutic exercise and manual treatment; high technology therapeutic modalities, such as low level light laser, biofeedback, electrical stimulation, ultrasound, and fluidotherapy; sensory re-education; functional skills retraining and adaptive equipment; ergonomic assessment and intervention; or home exercise program instruction.