

# HOME HAND THERPY

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*Effective, Affordable, and Convenient Therapy at Home, Work, or Through Tele-Rehab*



## **What is unique about Home Hand Therapy?**

Home Hand Therapy specializes in providing quality, customized therapy for any loss of function from the shoulder down to the hand. Common conditions that are seen include but are not limited to traumatic accidents, cumulative trauma disorders, pain, stroke, Parkinson's, developmental delay, dysgraphia, etc. Examples of problems that can be addressed include lack of dexterity, pain, decreased coordination, weakness, swelling, numbness / tingling, scarring, stiffness, difficulty performing daily activities, etc. This service is also unique in that we offer ergonomic, home safety, and other onsite assessments. Custom orthosis can be fabricated onsite if needed. Enjoy the convenience of having an experienced therapist, with a specialization in the upper body, come to your home, work place, or set up a remote tele-rehab private online session.

## **Who is eligible for Home Hand Therapy?**

Unlike traditional home health companies, anyone can take advantage of this service regardless of being homebound. Delivery of service can be provided not only in a residential setting, but also in the workplace or remotely via tele-rehabilitation.

## **What insurance is accepted?**

This is a cash based practice. For those individuals who have a high deductible, self-pay, out of network, or have exhausted insurance benefits, this is typically a more economical option than going to a traditional outpatient setting. For those clients who do have insurance, documentation for insurance reimbursement can be provided for the individual to submit independently. Specific out of pocket pricing varies depending on the delivery of service, mileage, and supplies needed for the appointment. Many visits range from \$100 - \$150 however please call for details.

## **What will I need before I can be set up for an evaluation?**

For most services, a written prescription is needed from any physician, physician's assistant, or nurse practitioner. This can be sent to [debbiefisherotr@gmail.com](mailto:debbiefisherotr@gmail.com)

## **Who could benefit from an evaluation?**

Home Hand Therapy is open to all that could benefit from the convenience of having rehab onsite or remotely without taking the time out to travel to and from a clinical setting.

## Example diagnosis that would benefit from Home Hand Therapy

- Arthritis
- Fractures
- Tendon injuries
- Peripheral nerve injuries
- Carpal tunnel syndrome and other cumulative trauma
- Crush injuries
- Joint pain
- Lateral and medial epicondylitis
- Chronic and degenerative pathology (ALS, MS)
- Stroke
- Parkinson's
- Dysgraphia
- Developmental Delays



## Services offered

- Strengthening
- Scar Management
- Edema control
- Pain control, PRN modalities
- Range of motion exercises
- Work simulation
- Joint / soft tissue/neural mobilization
- Fine Motor / Dexterity training following injury
- Custom dynamic / static orthotics for adults and pediatrics
- Graston, kinesiology taping, and other manual therapies
- Saeko (Stroke), LSVT (Parkinson's)
- Ergonomic evaluations and assessment of work space
- Safety assessment of home for fall prevention

**Note:** We will always be outfitted with personal protective equipment to maximize the safety of individuals during all home visits whether we meet inside or outside of your desired location for the session.

Thank you for your time and consideration,

A handwritten signature in black ink that reads 'Deborah M. Fisher'.

Deborah M. Fisher, MS OTR CHT

Occupational Therapist / Certified Hand Therapist

[www.homehandtherapy.org](http://www.homehandtherapy.org)

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# Unique and Customized Services Provided by Home Hand Therapy

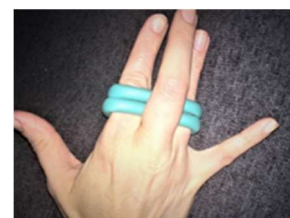
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## Therapeutic Exercises



## Custom Orthotics



## Manual Therapy



## Scar & Edema Management



## Stroke Rehabilitation

