

## Care That's Tailored to Clients' Goals

At *WestSide Hand Therapy* we are specialized as Certified Hand Therapists, with over 50 combined years of experience. We draw upon a number of therapeutic methods to develop a treatment program that is carefully tailored to the clients current abilities and treatment goals.

While each client's goals differ, they often include improving full range of motion, reducing pain, increasing strength and coordination, improved function and return to work.

From an initial evaluation to post-therapy follow-up, our clients receive outstanding care. That's why we enjoy an excellent reputation in the local community.

**Have questions? Let us answer them.**

**Make an appointment and we will provide a treatment plan designed for your needs.**

Call 303-237-8899 for more information and to schedule an appointment.




### *WestSide Hand Therapy*

Hand & Upper Extremity Rehabilitation

3280 Wadsworth Blvd. Suite 201  
Wheat Ridge, CO 80033

**303-237-8899**  
**303-202-1863 fax**

[www.westsidehand.com](http://www.westsidehand.com)

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at westside hand therapy 



### *Acute Hand Therapy Clinic*

Certified Hand Therapist  
Custom Splinting  
Acute Hand Injuries  
Chronic Hand Injuries  
Upper Extremity Injuries

Helping patients recover from traumatic injuries and leading them to productive work.

Vast experience +  
extensive knowledge +  
cutting edge technology  
= **optimum results**



## About US

- 25 Years of Quality Service
- Cost Containment and Return to Work are our Goals



At *WestSide Hand Therapy* we work with adults, adolescents, and children who have experienced a traumatic injury. Through a variety of intervention on which include splinting, exercises, and strengthening we help clients to return to full function and return to work.

### Our Comprehensive services include:

- Wound care
- Splinting, customize static and dynamic
- Modalities including laser ultra sound, iontophoresis
- Nerve gliding
- Sensory retraining
- Strengthening programs
- Coordination training
- Ergonomic training designed to return clients to work as safely as possible and more effectively in their own work environments.



Call 303-237-8899 today to schedule an appointment.

## Conditions We Treat and Services We Provide

Our highly qualified therapists are skilled and experienced at working with clients who have a variety of traumatic hand and upper extremity injuries and conditions.

### Conditions Including:

- Tendon and nerve injuries / repair
- Orthopedic hand, wrist and arm fractures.
- Dupuytren's Disease
- Carpal Tunnel Syndrome
- Compression Neuropathies
- Cumulative Trauma
- Work related injuries
- Shoulder injuries/Rotator Cuff
- Impingement Syndrome
- Sprains/Strains
- Tendonitis
- Trigger Finger
- Arthritis/Joint Protection
- Burns
- Amputations
- Replantations
- Crush Injuries



Custom Splinting and Delta Casting



Range of Motion / Evaluation

[www.westsidehandtherapy.com](http://www.westsidehandtherapy.com)

## Our Therapists



### Karen Valish OTR, CHT

Has over 25 years of hand therapy experience. She opened WestSide Hand Therapy in 1987 to bring optimum expert care to acute trauma patients. Karen is also an expert in ergonomics, providing on-site consulting to area companies and workers. She thrives in treating complex multiple trauma injuries.



### Cara Kellstrom MS, OTR, CHT

Cara has experience in a variety of settings from outpatient to pediatrics. Her area of specialized care is neuromobilization and nerve injuries. She has been working in hand therapy over 10 years and her patients love her relaxed but knowledgeable demeanor.



### Nancy Simone OTR

Nancy has over 30 years of experience as an Occupational Therapist specializing in hand therapy and custom splinting. Nancy always has creative solutions to complex problems and returning patients to full duty work.



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