



WestSide Hand Therapy

HAND & UPPER EXTREMITY REHABILITATION

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www.WestSideHand.com

303.237.8899

Graded Motor Imagery

Another Chronic Pain Option

Article by Cara Kellstrom,
MS OTR CHT



Graded Motor Therapy — or GMI — is a rehabilitation process utilized in the treatment of patients with pain and movement disorders, which relate to dysfunction of the nervous system. This process involves exercising the brain with monitored steps that increase in difficulty as the patient progresses.

We utilize three treatment techniques during the brain training:

- 1 ☞ left/right discrimination,
- 2 ☞ discrimination training, and
- 3 ☞ mirror therapy.

We recommend this treatment as part of a comprehensive treatment plan for patients with chronic pain, including CRPS and RSD diagnoses. Other parts of the therapy plan may include neural mobilization, manual therapy, modalities and splinting.

Westside employs a lateralization (right/left discrimination) program with our patients to incorporate GMI in treating these difficult conditions. Patients find the results are typically quite positive. ☞



Current Trends in Splinting: Delta Casts

At WestSide, we are pleased with the results we see using delta splints. Patient satisfaction is notably high. The following points explain why the delta cast is a great option for so many:

- ☞ Strong and lightweight
- ☞ Available in a variety of colors
- ☞ Affordable
- ☞ Comfortable while both rigid and supportive
- ☞ Translucent for x-rays
- ☞ Circumferential application
- ☞ Increased durability
- ☞ Decreased maceration and odor on skin
- ☞ Can be removable or non-removable. ☞





Summer is Coming!

We Sculpt Clients Lean & Tone.

WestSide helps with scar reduction and cellulite shrinkage. We provide a full range of therapeutic procedures, both pre- and post-operatively, to minimize recovery time and maximize your surgery results. Cellulite is not a fat problem; it's a skin problem.

Call 303.237.8899 today for a free consult and ask about the *Fun in the Sun Discount!*

Splinting: Static Progressive versus Dynamic

Article by Karen Valish, MS OTR CHT



WestSide Hand Therapy utilizes static progressive splinting and dynamic splinting to improve passive range of motion in patients when other treatment approaches become less effective. These forms of splinting are highly effective by applying torque to a joint to increase its end range. Patients often wonder, "Which of the two is more effective?"

A randomized control study of posttraumatic elbow stiffness indicates that there are no significant differences in improvements in motion between using a static progressive versus dynamic splint. The choice of a splint can be determined by

the best fit for the patient. 📄

WestSide Hand Therapy is currently participating in a research study entitled, "Shoulder Laterality Study." Join us!

Participate by going online to the following hyperlink:

<http://research.noigroup.com/?p=sls>. 📄




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