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HANDS-ON

Modalities Edition

Modalities are an integral component of the rehabilitation process. WestSide is proud to announce the addition of a fluidotherapy machine to the clinic. Fluidotherapy is a heat modality to which patients have been responding positively. Also, WestSide has been offering iontophoresis as a less invasive treatment for people with inflammatory conditions or dense scarring.

To get more Evidence Based Practice information, and to learn what has been proven to work for different conditions, visit www.WestSideHand.com!

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WestSide Hand Therapy

WestSide Hand Therapy was started in 1987 to bring expert hand and upper extremity care to the westside area. With 80 combined years of experience, all of our therapists are well trained. We have an ergonomic expert on staff to help eliminate the cause of your problem, not just the symptoms. This keeps you from reinjuring the same or other areas in the future. We treat traumatic injuries, repetitive strain injuries like carpal tunnel syndrome, arthritis, and virtually any condition from the shoulder to the hand.

Contact us with any questions or to see how we can help you!



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Fluidotherapy at WestSide

WestSide Hand Therapy is now able to offer a new modality for patients with pain, decreased range of motion, and/or hypersensitivity – **fluidotherapy!**

What is fluidotherapy?

Fluidotherapy is a superficial heat modality, which couples convection heat with ground corn cobs in a container to treat various conditions. The mixture of air and corn cobs creates an atmosphere similar to liquid. Typically, temperatures for fluidotherapy range from 105-120°F.

What are its benefits?

The benefits of fluidotherapy include pain reduction, increased range of motion, increased tissue elasticity, and desensitization. Additionally, fluidotherapy is unique because it allows motion while exposed to heat. Many patients are already enjoying the effects of our new fluidotherapy machine.

For references and to find more information, go to our website:
www.WestSideHand.com !

WestSide Offers Options in Pain Control



According to the National Institute of Health (NIH), more than 50 million Americans annually suffer from chronic pain. Traditional pain management treatments include needle injections of anti-inflammatory drugs, narcotics, time-consuming in-clinic treatments or surgery – all of which often result in unnecessary pain, side effects, anxiety or inconvenience for patients. WestSide Hand Therapy has an option for patients with painful symptoms called iontophoresis.

Iontophoresis is the process of using an electrical current to deliver medication or other substance through the skin to a specific treatment area. The process is most often used in a therapeutic setting to deliver medication to an area of treatment without a needle injection or oral ingestion. In a therapeutic setting, iontophoresis is most often used to treat inflammatory conditions (e.g. tendonitis, bursitis, arthritis, acute sprains and strains) as well as dense scars. Commonly used medications include dexamethasone, ketoprofen, potassium iodide and saline.

When properly applied, this process is virtually painless and has a reduced risk of infection, which helps separate it from more invasive procedures. The treatment is completed in minutes, and many patients often see results within the first couple of treatments. Most patients experience relief within the first six treatments.

There are a couple of difficulties with the use of this modality. First, reimbursement can be an issue. The other difficulty we encounter with this modality is in the lack of research regarding the recommended number of treatments. When treating pain or inflammation, most therapists and patients see the cumulative effects diminish after 10 to 12 treatments. Iontophoresis for use with dense, adherent scars may also take as many as 10 to 12 treatments applied every couple of days to effectively penetrate the scar.

In my experience as a hand therapist, I find the use of this modality is effective and an asset to my patients. I am happy to incorporate this process into my patients' treatment plans.