



WestSide Hand Therapy

HAND & UPPER EXTREMITY REHABILITATION

Scar Tissue Doesn't have to be a Pain

Avoid Scars, Cellulite, & Agony

Article by Karen Valish,
OTR, CHT



At WestSide Hand Therapy, we provide a full

range of pre- and post-operative therapeutic procedures for both our trauma and cosmetic clients. These options minimize recovery time and maximize surgery results.



From pre-surgery consultation to scar management and rehabilitation, we utilize selective massage techniques and proven therapeutic modalities. Together, we help to relieve pain, minimize swelling, bruising, and — most importantly — soften scar tissue and lessen lumping. Our experience includes tummy surgeries as well as those to the arm and other areas of scarring.



Surgery doesn't have to mean scars, aches, and frustration. Learn more about specific modalities, which are described more thoroughly on page two. 





3280 Wadsworth Blvd  Suite 201
Wheat Ridge CO 80033

Have pain while working? We can help.

Ergonomic Expert on staff at *WestSide*, with an ErgoCube onsite. Learn how to adjust the desk for body type and specific injury. Try different ergonomic equipment, and learn proper typing and mousing technique.

Jobsite Evaluations:
We can even come to your work for training.



Know the Options: Healing Modalities

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The professionals at WestSide are well-versed in administering proven healing modalities. Since each case differs, treatments may include the following options:

- 1  Ultrasound — an inaudible, acoustic vibration of high frequency that produces a thermal or heating effect. Ultrasound aids in increasing cell membrane permeability for soft tissue healing and repair. Ultrasound is used in a variety of ways, from facial scarring to mastectomy, capsular contractures, and fracture healing.
- 2  Iontophoresis — an active transdermal drug delivery system that delivers ions of drugs and/or saline through the skin using an electric current. Iontophoresis is effective in reducing pain, inflammation and in softening young, malleable scar adhesions.
- 3  Endermologie — this mechanical massage device increases circulation by 400%. The hyper-oxygenation of cells promotes flushing of inflammation while also healing, lifting, tightening and toning skin. That is why this is also excellent for cellulite reduction.
- 4  Myofascial release massage, nerve desensitization, nerve re-education, and silicone gel sheeting all contribute to creating a beautiful outcome.
- 5  Brain-training techniques. 

