

Know Before You Go



The Basics:

- Tell your therapist about your:
 - Symptoms
 - How your injury happened
 - Test results
 - Job duties
 - Other doctor or therapist visits
 - What gives you relief for your symptoms
- Your therapist will make a treatment plan for you, which will include short-term, long-term and home goals in order to help you get back to work
- Visits are typically about 30 minutes to 1 hour

Questions or concerns?

Call 866.389.0211
to speak to a One Call
Representative.

Certified hand therapy is done by a specialized physical or occupational therapist. CHTs help to stop the loss of, or bring back use of, your shoulder, arm, elbow, forearm, wrist and/or hand and/or reverse any effects of diseases, in order to help you to be able to complete tasks and fully join in life situations.

What to Expect

Your Evaluation:

- Arrive 15-20 minutes early to your first appointment for any paperwork
- Wear:
 - Comfortable, loose-fitting clothing
 - No jewelry
- Bring:
 - A list of any medications you are taking
 - Any medical reports or tests about your injury
 - Any splints, braces, etc. being used
 - A photo ID
- Follow your doctor's advice about medications
- Your therapist will run tests on your injury and then give you a treatment plan that is right for you

Follow Up Appointments:

- Follow your home exercise program
- Go to all your appointments
- Make up any missed appointments