

Do you experience any of the following hand or upper extremity problems?

- Pain
- Numbness
- Limited motion
- Swelling in your joints
- Difficulty sleeping due to hand/arm pain
- Morning stiffness
- Difficulty performing everyday activities, including work and leisure activities
- Open wounds or post-infection
- Weakness

If you said “yes” to any of the above problems, you may benefit from an Occupational Therapy hand and upper extremity assessment.



**Ascension
Saint Agnes
Hospital**

**Ascension Saint Agnes Hospital
Rehabilitation Services**

Mailstop 047
900 Caton Ave.
Baltimore, MD 21229
t 667-234-2800
f 667-234-3532

**Ascension Saint Agnes Hospital is
conveniently located off of Caton Avenue
in Baltimore. Valet parking available at
Main Entrance.**

[ascension.org](https://www.ascension.org)

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Hand therapy services

Occupational therapists
providing specialized care



**Ascension
Saint Agnes
Hospital**

Hand therapy rehabilitation

Comprehensive hand and upper extremity program

Treatment for a multitude of hand/upper extremity problems

The occupational therapists at Ascension Saint Agnes Hospital provide comprehensive skilled services for a variety of hand and upper extremity problems.

Commonly treated hand and upper extremity injuries include the following:

- Arthritis
- Carpal tunnel syndrome/carpal tunnel release
- Fractures/dislocations
- Nerve lacerations/compressions
- Repetitive motion injuries
- Trigger finger
- Tendon lacerations/repair
- Upper extremity post-surgery rehabilitation



Experienced therapists

We have highly skilled staff with extensive training in the treatment of a variety of hand and upper extremity injuries. Treatment may include one or more of the following:

- Splint fabrication
- Wound care
- Manual therapy
- Edema management
- Parafin and fluidotherapy
- Thermal and electrical modalities
- Scar management
- Therapeutic exercise
- Activities of daily living
- Ergonomics and work conditioning
- Assessment and training for adaptive equipment
- Customized home exercise program
- *BTE PrimusRS*, a high-tech system used to regain function, strength and coordination

Convenient facility

Outpatient Rehabilitation Services at Ascension Saint Agnes Hospital offers the following benefits:

- Flexible weekday hours for scheduling appointments
- Easy access to bus lines
- Valet parking
- A comfortable and friendly environment
- A Fitness Center on the premises with the option to join after therapy is completed

