

## Occupational Therapy Services

### Hand therapy

#### **Why have you been referred to Occupational Therapy?**

You may have recently sustained a hand injury or had surgery to your hand. Alternatively, you may have been born with, or acquired a condition which is affecting the function of your hand.

#### **What can you expect in Occupational Therapy?**

Occupational Therapy aims to help you re-establish the maximum possible movement, strength and function in your hand. This is achieved through the use of specific exercises and everyday activities.

On referral to Occupational Therapy, you will either be seen on the same day or an appointment will be made at a time which is convenient to both yourself and your Therapist.

To begin with, an assessment of your hand condition will be carried out and the Occupational Therapist will plan a treatment programme which will be discussed with you.

Treatment may involve a department-based programme or specific exercises, which you can carry out at home. The Occupational Therapist may also advise you on making things easier with everyday activities, such as work, driving, leisure pursuits, and can recommend special equipment to help you. Occupational therapy varies in length and frequency – this will be discussed with you as part of your assessment.

#### **Where is Occupational Therapy?**

Occupational therapy is located on level one of outpatients.

If you have any difficulties or concerns about the condition of your hand do not hesitate to contact your therapist:

**OT:** ..... (Occupational Therapist)

**Telephone:** 01223 216769

## Your rights

- You are entitled to a second opinion after agreement with your therapist.
- Addenbrooke's Hospital has procedures whereby you may arrange to have access to your medical records.
- All patient information is confidential, and where appropriate, is covered by the Data Protection Act.
- Addenbrooke's is a major teaching hospital. You may be assessed or treated by an occupational therapy student, but you have the right to request not to be seen by a student.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

### Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

### Cantonese

તમને આ માહિતી બીજી ભાષાઓમાં, મોટા અક્ષરોમાં અથવા સાંભળી શકાય એવા માધ્યમ (ઓડીઓ ફોર્મેટ)માં જોઈતી હોય તો કૃપા કરીને પૂછો.

### Gujarati

تکایہ پرسیار بگہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر ، بہ پیتی گہورہ یانیش بہ شیوہی دہنگ

### Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براۓ مہربانی اس کیلئے درخواست کریں۔

### Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

### Document history

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