

# Torrance Memorial Medical Center REHABILITATION SERVICES

## Hand Therapy Program at TMMC

Our team of outpatient Occupational Therapists at TMMC have received extensive training to become Certified Hand Therapists (CHTs). We work with patients who have hand, wrist, and elbow injuries with the following diagnoses:

- Tendon / nerve repairs
- Carpal Tunnel Syndrome / Nerve Compression Injuries
- Cumulative Trauma Disorders
- Fractures of the upper extremity
- Soft Tissue Injuries and Amputations
- Tendinitis
- Arthritis
- Burns
- Complex Regional Pain Syndrome (RSD)
- Functional Limitations of the Upper Extremity

The following treatments may be utilized as needed:

- Custom fabrication of static and dynamic splints
- Modalities for relief of pain and edema
- Joint Mobilization and range of motion
- Soft tissue mobilization, scar management, and desensitization
- Wound care
- Orthotic / Prosthetic Training
- Strengthening programs with state of the art equipment such as the BTE
- Instruction in injury prevention and work site assessments
- Work simulation and work hardening
- Retraining in and modification of Activities of Daily Living and Self Care

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Referral information- All evaluations and treatments are performed per a physician's order. Most insurance carriers require pre-authorization for outpatient evaluation.

Location: TMMC West Tower 5th floor  
Information: (310) 517-4735  
Fax: (310) 784-4978



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**MEDICAL CENTER**