



## WHAT TO EXPECT AS A STUDENT IN A HAND THERAPY CLINIC

Students who are interested in experiencing a clinical rotation within the specialty of hand and upper extremity rehabilitation should understand that this clinical setting requires knowledge of anatomy, physiology of tissue healing, and common conditions of the upper extremity. Students who do well in a hand therapy clinic are self-directed and enjoy a challenge; realizing additional independent study time outside of the clinic will be required.

The rotation in a hand clinic will provide a student with exposure to a variety of diagnoses and treatment techniques. The experience may include but not be limited to the following:

- Evaluation of a variety of diagnoses:
  - Fractures of the Wrist and Hand
  - Arthritis
  - Nerve injuries/Compressions
  - Soft Tissue Disorders
- Exposure to a variety of treatment techniques:
  - ROM/Strengthening
  - ADL Re-training
  - Sensory Re-Education
  - Static, Static Progressive and Dynamic Orthoses
  - Modality Use
  - Scar and Edema Management
  - Dexterity and Coordination
  - Ergonomics
- Inter-professional Collaboration
- Application of Evidence-based Practice
- Development of Clinical Reasoning Skills

The student must also remember to ask questions, identify their own learning style, and be prepared to transform knowledge learned in the classroom to patient care. In this dynamic treatment setting, the student will gain valuable experience that will positively influence the future of their occupational or physical therapy career.