



# THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

## NEWSLETTER

April 2024 Volume 4 / Issue 4

### OUR STAFF

#### Clinic Manager:

Kari Mullaney, MSPT

#### Our Therapists:

Tara Albright, DPT

Andrew Eastep, PTA

Brad Fenter, DPT

Karen Hayter, DPT

John Kuhn, DPT

Chris Moore, OTR

Laurel Sampson, MPT

#### Front Office:

Angel Ebertowski, Front Office  
Coordinator

Cassie Clarke, Front Office  
Coordinator

Katherine Pearson, Front Office  
Coordinator

#### Back Office:

Chase Keys, PT Tech

Jeremy Allgood, PT Tech


### IS OCCUPATIONAL THERAPY FOR YOU?

Do you struggle with a disease, disorder, or limitation that makes it difficult to engage in everyday activities? Occupational therapy (OT) practitioners can help increase participation and independence. An Occupational therapist can help make necessary adjustments in your daily routine to improve your ability to perform simple and more complex tasks. Interventions may include exercises, hand or wrist splints, adaptive equipment or modification to items you use, energy conservation, and pacing techniques. For more information on OT and how it may help you, head to our website and check out this month's feature blog, highlighting all things OT.



### AROUND THE CLINIC:

We have an Occupational Therapist here in our clinic. Her name is Chris Moore, OTR/L. She has been practicing for many years in a variety of settings. She is a graduate of Colorado State University in Fort Collins, CO. and has practiced in Grand Junction since 1981. Her expertise includes treatment of the elbow, forearm, wrist, and hand, as well as splinting. She also can make recommendations for appropriate adaptive equipment to make life easier and help improve independence. If you are interested in seeing her or finding out more about how she can help you, give us a call today.

 (970) 241-5856



[www.ptcsj.com](http://www.ptcsj.com)



[facebook.com/ptsc](https://facebook.com/ptsc)

# Spotlight Diagnosis of the Month

**Diagnosis:** Carpal Tunnel Syndrome

**What is it?** The Carpal Tunnel refers to an important part of the human anatomy related to our hands. It is a narrow passage located at the base of the palm side of the hand. It is the home of the median nerve and tendons that bend the fingers. If pressure builds in this area, it can result in weakness and pain in the wrists, thumb, and fingers. There is also a decrease in functional use of the hand, both for gripping and pinching.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

## Common Symptoms

- Wrist and hand pain, numbness and tingling of the thumb, index, middle and ring finger
- Hand weakness
- Lack of hand coordination, difficulty and/or inability to grasp and pinch

## Professions that often lead to carpal tunnel syndrome (CTS):

Many professions that require repetitive use of ones hands can lead to CTS. Assembly line, packing jobs, truck driving, landscaping, desk positions, sewing, and other handwork activities, sports, playing musical instruments, gardening, construction.

Any job that requires repetition, sustained holding, vibration from using tools or driving vehicles. Working outside in cold weather can also contribute to carpal tunnel syndrome. Medical conditions that can produce carpal tunnel symptoms are fluid retention during pregnancy, diabetes, and arthritis.

**How Occupational Therapy Can Help:** The therapist can provide you with a home program including pain management techniques, stretching and exercises, an appropriate splint, and treatment to reduce the symptoms. They can also help with modifying how you perform your work and provide instruction in using adaptive equipment. If therapy does not relieve the pain, other options include injections, to decrease the swelling and inflammation, or surgery. It is important if you experience any of these symptoms that you request an evaluation in order to protect and improve the health of the median nerve and your hands.

---

\*\*\*Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.\*\*\*

