

Do I need a referral?

You can refer yourself to the clinic, however, we may need some medical information from your doctor and we will readily follow this up for you.

If you are wishing to attend post hand surgery, a doctors referral will be required

Is there a cost?

There is a small charge for most services, including splinting. If you have difficulty paying please let us know.

Where can I find out more?

Enquiries or referrals can be directed to:

**Hand Therapy / Upper Limb
Program**

CRC / Allied Health Building

PO Box 156

Wodonga VIC 3689

 **Phone:** 02 6051 7400

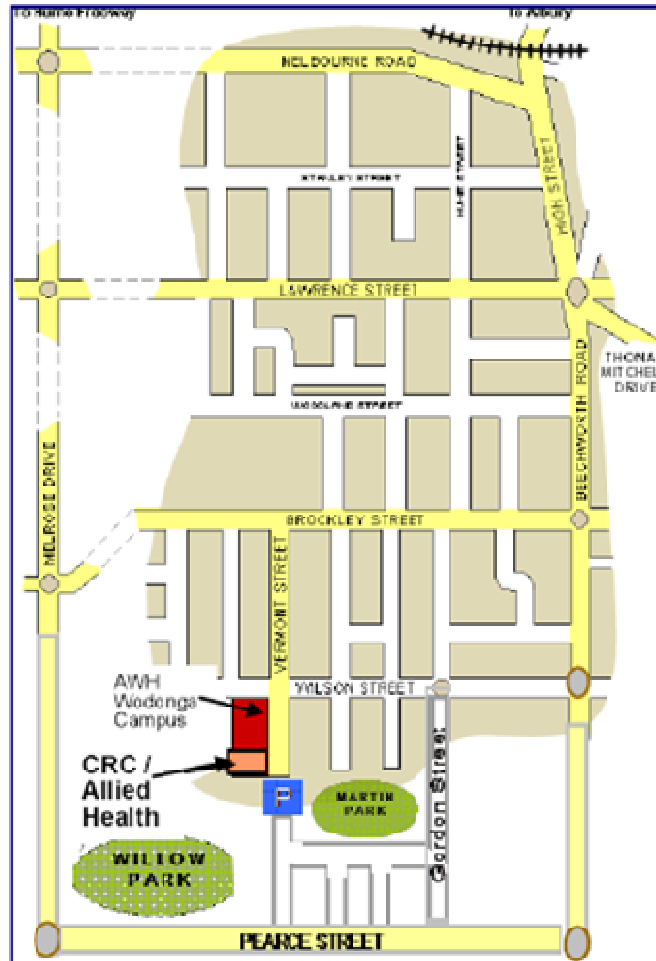
 **Fax:** 02 6051 7430

 **Internet:** www.awh.org.au

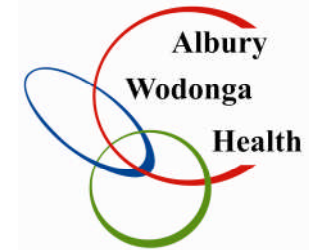
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Where are CRC / Allied Health Services located?

Services are provided at the
Centre 73-75 Vermont Street,
Wodonga.



The information in this brochure is available in
alternate formats and languages upon request.



HAND THERAPY UPPER LIMB PROGRAM

Community Rehabilitation
Wodonga Hospital



Hand Therapy Upper Limb Program

Provides assessment and treatment to clients with hand / upper limb problems including:

- Hand Injury.
- Burns.
- Nerve Injury.
- Tendon Repair.
- Fractures / orthopaedic problems.
- Pain / RSD / overuse syndrome.
- Oedema / swelling.
- Neurological Conditions.
- Arthritis.



Do you have any of the following problems with your hands?

- Recent hand injury or surgery.
- Reduced movement / stiffness.
- Swelling.
- Pain.
- Shakes.
- Burns.
- Weakness.
- Change in muscle tone.
- Scar management.
- Splinting needs.

If the answer is YES, then you may be interested in the Community Rehabilitation Centre Hand Therapy Upper Limb Program.

The Hand Therapy / Upper Limb Program is designed to provide assessment of hand / upper limb problems and develop a therapy program based on goals you wish to achieve.

The aim is to:

- **Improve and/or maintain your hand and upper limb function.**
- **Educate you on how to monitor and look after your hand and upper limb.**

Therapy can be provided as an individual program or in a group setting.

Therapists include:

- Occupational Therapist
- Physiotherapist
- Allied Health Assistant

The Hand Therapy and Upper Limb Program is run at the:

**CRC / Allied Health Services
Albury Wodonga Health
Wodonga Hospital**