

Upper Extremity Rehabilitation

Improving Mobility and Function





Rehabilitation that's tailored for you

It's not easy getting through the day without full use of an arm or hand. From eating to driving, we rely on our hands and arms for much of what we do every day. That's why Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital Rehabilitation Services offers specialized therapy for your shoulder, elbow, wrist or hand due to overuse, fracture, trauma, nerve injuries or disease such as arthritis.

Therapy also may be needed following an acute injury or a surgical procedure, or could be prescribed to help prevent deformity or contracture. Whatever your upper extremity issues are, rest assured that Northwestern Medicine Rehabilitation Services offers the therapy to help you.



Reliable care from a trusted partner

By choosing Northwestern Medicine Rehabilitation Services to treat your upper extremity, you'll benefit from:

Licensed occupational and physical therapists with advanced certifications who treat a variety of upper extremity conditions and injuries affecting the shoulder, elbow, wrist or hand

Specialized hand therapy

A wide array of treatment options for both adults and children

You'll find that our combination of advanced, collaborative care provides all the help you require from a single convenient source that's both trusted and reliable.

At Northwestern Medicine, your rehabilitation needs will be evaluated by licensed therapists who will work with you to develop a treatment plan that reduces or eliminates pain and improves or restores your mobility and function.

Getting started

The rehabilitation process begins with a physician's referral to a Northwestern Medicine licensed therapist who will evaluate and treat your condition or injury. You can bring the referral to your first appointment or have your physician's office fax it to Northwestern Medicine in advance. The duration of your therapy will vary according to your individual needs.

What you can expect

The goals of upper extremity rehabilitation and hand therapy are to reduce or eliminate pain, and to improve or restore your mobility and function.

The evaluation may include an assessment of range of motion, strength, pain, edema, muscle tone, sensation, gross and fine motor coordination and any functional limitations affecting your upper extremity or hands. You can also expect to be provided with instructions for a home exercise program to help the progress of your therapy and recovery.

Some diagnoses treated

Amputations

Brachial plexus
neuropathy

Burns

Bursitis

Carpal tunnel
syndrome/release

Contractures

DeQuervain's
tenosynovitis

Fractures/repairs

Frozen shoulder

Impingement
syndrome

Joint arthroplasty

Lateral epicondylitis
(tennis elbow)

Medial epicondylitis
(golfer's elbow)

Nerve injuries, repairs,
compressions or
transpositions

Osteoarthritis

Rheumatoid arthritis

Rotator cuff injuries/
repairs

Shoulder separations/
subluxations

Sports injuries

Tendonitis

Tendon repairs

Trigger finger

Skier's or Gamekeeper's
Thumb

Therapy designed to meet your needs

Our therapist will work with you and your primary care physician to determine the range of treatment needed. Depending on the cause of your injury or condition, your treatment plan could include a variety of approaches such as patient education, joint protection, strengthening exercises, functional activities, active and passive range of motion exercises and modalities such as heat, icing, ultrasound, electrical stimulation and fluidotherapy.

Treatment plans may also include soft tissue mobilization, nerve and tendon glides, sensory re-education or desensitization, edema management, custom orthotic fabrication (static and dynamic), instruction in activities of daily living, adaptive equipment and pain control/reduction techniques.

Whatever your upper extremity/hand rehabilitation needs are, we combine our expertise with a dedicated staff committed to helping our patients achieve a full recovery. Talk to your physician about a referral and begin improving your mobility, your function and your life.

To schedule an evaluation or for more information, please call 630.933.6293. TTY for the hearing impaired 630.933.4833.



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