ALL ABOUT HAND THERAPY

What is a hand therapist?
An occupational or physical therapist with specialized knowledge and training in treating conditions of the upper extremity, including the hand, wrist, elbow and shoulder.

To become a Certified Hand Therapist (CHT), a candidate must:
- Practice for three years
- Gain 4,000 hours of experience
- Pass a comprehensive exam

There are 6,284 Certified Hand Therapists worldwide.
- United States: 5,891
- Canada: 201
- Australia/New Zealand: 152
- Other Countries: 40

Find a Hand Therapist
Visit the American Society of Hand Therapists website at www.asht.org to find a hand therapist near you.

Types of Hand Therapists
- Occupational 85%
- Physical 14%
- Both 1%

What can a hand therapist help with?
- Wounds and scars
- Pain management
- Strength and range of motion
- Orthotic fabrication
- Tendon and nerve injuries
- Amputations
- Repetitive use injuries
- Chronic conditions
- Restoring function
...and much more!

Your therapist will work closely with your hand surgeon to ensure the best care.