



## The Upper Extremity Services at The Children's Institute of Pittsburgh

The Upper Extremity Services at The Children's Institute are staffed with occupational therapists that are dynamically trained in the treatment and intervention of the shoulder, elbow, wrist and hand. This outpatient program includes a team of occupational therapists that works closely with physicians to provide the most comprehensive and optimal care for injuries, limitations and conditions that involve the upper extremity. Our goal is to provide **comprehensive and patient-centered** intervention that facilitates improved participation in activities of daily living, play, age appropriate interests, school and leisure activities.



### What To Expect

The occupational therapists that provide upper extremity services use a variety of innovative as well as traditional approaches to treatment. The treatment interventions chosen depend on the patient's diagnosis as well as his or her needs. Treatment interventions can address strengthening and range of motion, as well as education on energy conservation, joint protection and preservation of the upper limb.

The goals of treatment are patient-directed to optimize participation with activities of daily living such as the ability to complete self-care and dressing tasks, as well as community and play activities that are meaningful to each individual patient. Interventions include modalities such as electrical stimulation, kinesiotaping, serial casting, splinting (prefabricated or custom fabricated) and joint mobilizations.

A physician prescription indicating the need for occupational therapy services is required for assessment and intervention.

### Who Can Benefit:

The diagnoses that our therapists treat include but are not limited to:

- Upper limb orthopedic and sprain/strain injuries
- Reflex Neurovascular Dystrophy
- Arthritis
- Ehlers-Danlos
- Hypermobility
- Cerebral palsy
- Cerebral Vascular Accident
- Spinal cord injury
- Traumatic brain injury
- Brachial plexus injury/Erb's Palsy
- Constraint induced movement therapy
- Peripheral nerve injuries
- Upper extremity amputation
- Fine motor specific limitations
- Readdressing chronic conditions