



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 have specialty training in the treatment and intervention of the shoulder, elbow, wrist, and hand. The occupational therapists that facilitate this program work closely with physicians to provide the most comprehensive and optimal care for injuries, limitations, and conditions that involve the upper extremity. The primary goal of occupational therapy is to provide client-centered intervention that facilitates improved participation in activities of daily living, play, school and leisure activities.



What To Expect

- Intensive occupational therapy geared toward improvement of upper extremity function: 3-5 times per week
- Protocol for Constraint Induced Movement Therapy (CIMT)
- Upper extremity prosthetic fittings
- Brief consultations for upper extremity splinting and bracing
- Preservation techniques for the upper limb

High-Tech Use of Modalities to Improve Upper Extremity Function

- Electrical stimulation programs to address specific shoulder, elbow, wrist, hand and finger muscle groups
- The Bioness H200: Hand Rehabilitation neuromuscular stimulation system
- Functional electrical stimulation bike (Restorative Therapies, Inc.): upper body, lower body, and trunk muscular stimulation
- SAGE - a wireless component of the FES bike with preset programs that simulate everyday functions (i.e. self-feeding, grooming, and dressing tasks)
- Ultrasound and iontophoresis: pain and edema management
- Mobile arm support trials
- Therapeutic taping, Serial casting, CIMT casting and splinting

A physician prescription indicating the need for upper extremity occupational therapy services is required for evaluation and treatment.

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
- Peripheral nerve injuries
- Upper extremity amputation
- Chronic conditions