

# WORKING TOGETHER



CERTIFIED HAND  
CENTER  
of ROCKFORD





## Our Mission

Provide the greater Rockford area with the finest in specialized occupational therapy.

Certified Hand Center, an affiliate of Orthopedic Rehab Specialists, is an independently owned clinic. Being independent allows us to be highly flexible and prepared to provide our patients with the varied service they require. We work hard to provide the best patient care at an optimum cost. We emphasize active treatment that shifts the responsibility of care to the patient early in the rehabilitation process. We believe in strong, open communication with both the patient and physician.

## Specialties & Services

Specializing in traumatic, non-traumatic and work related injuries to the hand, wrist, elbow and shoulder.

### Treatment Services

- Pre/Post-operative and post-traumatic care
- Treatment of cumulative trauma (i.e. carpal tunnel, tendonitis, etc.)
- Arthritis treatment and education
- Wound care
- Custom orthotic fabrication

### Physical Agent Modalities

- Whirlpool
- Fluidotherapy
- Paraffin
- Ultrasound
- Electrical stimulation
- Iontophoresis
- Heat/cold packs



# What Is Hand Therapy?

Hand therapy is the art and science of rehabilitation of the upper quarter of the human body.

The “upper quarter” includes the fingers, thumb, hand, wrist, forearm, elbow, upper arm and shoulder. Hand therapy is a merging of occupational therapy (OT) and physical therapy (PT) theory and practice that combines comprehensive knowledge of the upper quarter, body function, and activity. Using specialized skills in assessment and treatment, hand therapists promote the goals of prevention of dysfunction and restoration of function in order to enhance participation in life situations for individuals with upper quarter disease or injury.

## Meet Our Therapist



**Leah Crull OTR/L, CHT** is a Kansas native but has spent her entire professional career in Rockford, IL. After receiving her Bachelor of Science degree in Occupational Therapy from the University of Kansas in 1985 she began working for the Visiting Nurses Association. She established her expertise in upper extremity therapy while working at Swedish American Hospital and Lundholm Physical Therapy. In the fall of 1999, The Hand Therapy Certification Commission awarded her the distinguished title of Certified Hand Therapist (CHT). This recognition as a specialist in hand therapy is only bestowed to therapists who have met specific criteria and passed the national board exam. Leah joined Certified Hand Center of Rockford in 2004. She has extensive experience in not only hand, wrist and elbow injuries, but also shoulder injuries such as rotator cuff tears, impingement syndromes and adhesive capsulitis. She is an active member of the American Society of Hand Therapists (ASHT).



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