
Occupational Therapy Services

Hand therapy

Why have you been referred to Occupational Therapy?

You may have recently sustained a hand injury or had surgery to your hand. Alternatively, you may have been born with, or acquired a condition which is affecting the function of your hand.

What can you expect in Occupational Therapy?

Occupational therapy aims to help you re-establish the maximum possible movement, strength and function in your hand. This is achieved through the use of specific exercises and everyday activities.

An appointment will be made with you at a time that is convenient to you and your therapist – it will be for as soon as possible after the referral has been.

At your first appointment an assessment will be carried out and then your occupational therapist will discuss a treatment programme with you. The amount of occupational therapy needed varies – how much you will require will be discussed with you as part of your assessment.

Treatment may involve a department-based programme or specific exercises, which you can carry out at home. You might also be provided with a hand splint. The occupational therapist will advise you on how best to carry out everyday activities, such as work, driving and leisure pursuits whilst you have your hand injury.

Where is Occupational Therapy?

Occupational therapy is located in clinic 30 in the Addenbrooke's Treatment Centre (ATC).

Your occupational therapist is: _____

Occupational therapy reception telephone number: 01223 216769

Your rights

All information about patient is confidential, and where appropriate, is covered by the Data Protection Act.

Information you provide may be shared with partner agencies in accordance with the Data Protection Act.

You are entitled to withdraw your consent for treatment at any time without this jeopardising any future care.

You are entitled to a second opinion after agreement with your occupational therapist.

Addenbrooke's Hospital has procedures whereby you may arrange to have access to your medical records.

Addenbrooke's Hospital is a major teaching hospital. You may be assessed or treated by an occupational therapy student, but you have the right to request not to be seen by a student.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



Document history

Authors	Occupational Therapy Services
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number	01223 216769
Publish/Review date	July 2011/July 2014 (minor amendment made March 2012)
File name	Hand_therapy
Version number/Ref	7/PIN1166