

Hand Therapy

Patient Information

Patients and Relatives Information



The Hand Therapy unit was set up in order to provide a “complete package of care” for all hand problems.

A variety of injuries are treated, these are as follows:-

- Work related injuries
- Traumatic and non-traumatic pain
- Fractures of the wrist and digits
- Wounds, burns and crush injuries
- Following hand surgery
- Tendon and nerve injuries / problems
- Arthritis
- Sprains and soft tissue injuries
- Any other form of hand problem

Referrals

Referrals to the Hand Therapy Unit are made in writing, by hospital Consultants, GP's and other health care professionals. The OTs work very closely with them to provide the best possible care.

Hand Therapy Unit Aims

In order to provide a total care package the Hand Therapy Unit aims to achieve an optimum level of hand function by:

- Reducing/preventing swelling
- Improving hand/wrist movements
- Preventing stiffness
- Improving grip strength
- Wound care
- Reducing/preventing pain
- Treating scarring
- Improving hand function
- Preventing deformity
- Education

Your Hand Therapists:

Claire Turton – Lead Occupational Therapist

Catherine Wilson – Senior Occupational Therapist

Giovanni Piva – Senior Occupational Therapist

Debbie Wheeler – Senior Occupational Therapist (part time)

Band 5 Rotational Post Occupational Therapist

Privacy and Dignity

The Hand Therapy Unit is an open clinic and we strive to maintain the patient's privacy and dignity. If you feel you need to be seen in a separate room, please mention this to the Hand Therapist who will endeavour to accommodate you.

Suggestions

We always endeavour to improve our service, should you have any comments, suggestions or complaints please speak to your Hand Therapist.

Contact Details

Hand Therapy Unit
Occupational Therapy Department
Milton Keynes Hospital
Standing Way
Eaglestone
Milton Keynes
MK6 5LD

Tel: 01908 995411

Email: mkg-tr.handtherapyunit@nhs.net



Opening Times

To avoid a waiting list, an open door policy is used, which means that appointments are not given but people are welcome at any time during the opening hours.

If you are unable to attend for a period of longer than two weeks, please contact the Unit to inform the therapists, otherwise you will be discharged

Please allow us enough time to see you and, if possible, arrive at the latest 30 minutes before we close otherwise you may not be seen.

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|-----------|------------|-------------|
| Monday | 8.30-12.00 | 13.30-15.30 |
| Tuesday | 8.30-12.00 | 13.30-15.30 |
| Wednesday | 8.30-12.00 | 13.30-15.30 |
| Thursday | 8.30-12.00 | 13.30-15.30 |
| Friday | 8.30-12.00 | 13.30-15.30 |

Appointments are available on request.

Please note that the Hand Therapy Unit is closed on the last Friday afternoon of the month and on bank and public holidays.

| Date | Time | Therapist |
|------|------|-----------|
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Orthopaedic Appointments: 01908 997006

By law, all Occupational Therapists have to be registered with the Health and Care Professions Council.



We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the provisions of the Data Protection Act 2018/GDPR. Further guidance can be found within our privacy notice found on our Trust website: www.mkuh.nhs.uk

Milton Keynes University Hospital NHS Foundation Trust

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