

# Hands-on-Care



Specializing in Shoulder, Elbow, Wrist and Hand Therapy

## Shoulder Injuries

Shoulder injuries are common with Sports.

It can range from impingement or tendonitis symptoms in a Swimmer to laxity or labrum tears in a Baseball Pitcher to biceps tear in Weightlifters or rotator cuff tear with strenuous activities. We at Hands-On-Care treat all sports or work related shoulder injuries.



Our lead therapist has the recognition of reinstating the Hand & Upper Extremity Therapy program at the *Rangers Stadium in Texas* and has the expertise in treating various sports injuries of the

Shoulder, Elbow Wrist and Hand. She has presented on *Hand Rehab and the Athlete at the AT&T park in San Francisco, Ca at 2010 Baseball Medicine conference*. She has given 2 day workshops on *Sports*

*Medicine for the Upper Quadrant- includes Splinting and Taping in Seattle, WA, 2011, and San Mateo, 2012 and continues to do so all over US to other therapists.*

*We use Laser to hasten the athlete's recovery and get them back to their respective sport. We have even used custom splints for our Pro Ice hockey players or our goalies. We simulate the baseball hitting or tennis techniques in the clinic. We also include taping in our treatment to get the athlete on the field ASAP.*

People value the use of their arm & any loss of function through injury or accident can devastate lives.

Anyone with an injury wants nothing but the very best to assure maximal recovery. A certified hand therapist offers the assurance that the therapist treating them has achieved the highest level of competency in the profession & stays well informed in the field. The intricate anatomy of the arm & hand frequently requires very delicate surgery, often with microscopic techniques. The technical complexity of these kinds of surgeries necessitates a high level of care during the postoperative recovery by therapists with advanced skills in upper extremity rehabilitation. Therapists must be knowledgeable about these advanced surgical techniques and postoperative therapy programs to become CHTs. They must also remain knowledgeable about changes in hand therapy practice. Certification is voluntary and is difficult to attain. A CHT is someone who has demonstrated a personal dedication to the profession of hand and upper extremity therapy and a desire for advanced knowledge. The CHT credential is recognized by many professional organizations as a benchmark for excellence in advanced specialty credentialing in health care



*Saba Kamal, OTR/L, CHT has over 18+ years of experience as a clinician. She completed her Graduate Fellowship in Hand Therapy and Rehabilitation from Baylor and Texas Woman's University alliance in Houston in 2000 and her Certification in Hand Therapy (CHT) in 2001. She has presented several talks at Local and National level conferences (ASHT). She is the President of American Society of Hand Therapists - California chapter and was the Co-Chair of our National American Society of Hand Therapist Public relations committee. She is the partner principal of Advanced Rehab Seminars providing continuing education to therapists all over US*

**Payment Method:** All the treatments mentioned above are paid for by most *private insurances, medicare & workers comp*. We verify your coverage and get you started as soon as possible. We will financially work with each patient and their insurance company. Hands-On-Care is continuously adding new health plans. Please call our office & inquire

