

Contents

Foreword, ix

Mike Szekeres

Preface, xi

Christine M. Wietlisbach

PART ONE: FUNDAMENTALS

1. Fundamentals: Hand Therapy Concepts and Treatment Techniques, 1

Cynthia Cooper

2. Evidence-Based Practice: The Basic Tools, 15

Michael John Borst

3. Functional Anatomy, 21

Lori DeMott and Sharon R. Flinn

4. Evaluation of the Hand and Upper Extremity, 46

Linda J. Klein

5. Assessment of Functional Outcomes, 66

Bridget Hill and Andrea Bialocerkowski

6. Hand Coordination, 78

Cynthia Cooper and Colleen West

7. Orthoses: Essential Concepts, 89

Deborah A. Schwartz

8. Fundamentals of Edema Management, 100

Aida E. Olvera-Dyckes

9. Physical Agent Modalities in the Hand Clinic, 104

Kendyl Brock Hunter

10. Tissue-Specific Exercises for the Upper Extremity, 114

Peggy Stein and Lori Falkel

11. Clinical Reasoning and Problem Solving in Upper Extremity Rehabilitation, 130

Saba Kamal

12. Fundamentals of Client–Therapist Rapport, 133

Goldie Eder and Renee B. Lonner

13. Facilitating Adherence to the Plan of Care, 138

Lisa O'Brien and Luke Steven Robinson

14. Narratives in Hand Therapy, 143

Cynthia Cooper

15. Utilization of Therapy Assistants in Hand Therapy, 149

Luella Grangaard

16. Some Thoughts on Professionalism, 152

Luella Grangaard

PART TWO: CLINICAL REASONING AND TREATMENT GUIDELINES FOR COMMON DIAGNOSIS OF THE UPPER EXTREMITY

17. Wound Care, 154

Christine M. Wietlisbach

18. Common Shoulder Diagnoses, 167

Mark Butler

19. Elbow Diagnoses, 203

Carol Page

20. Peripheral Nerve Problems, 219

Anne Michelle Moscony

21. Wrist Fractures, 254

Emily Seeley, Sarah Baier, and Mike Szekeres

22. Wrist Instabilities, 270

Sarah Mee

23. Hand Fractures, 291

Melissa J. Hirth, Angela C. Chu, and Julianne Wright Howell

24. Elbow, Wrist, and Hand Tendinopathies, 311

Kathryn S. McQueen and Tim Pemberton

25. Finger Sprains and Deformities, 320

Gary Solomon

26. Extensor Tendon Injury, 338

Linda J. Klein

27. Flexor Tendon Injury, 350

Linda J. Klein

28. Tendon and Nerve Transfers, 365

Deborah A. Schwartz

29. **Arthritis, 384**
Cynthia Clare Ivy
30. **Burns, 404**
Lisa Deshaies and Maura Ann Walsh
31. **Infections, 416**
Louann Gulick Gaub
32. **Dupuytren Contracture, 425**
Steven Kempton, Mojca Herman, and Prosper Benhaim
33. **Ganglions and Tumors of the Hand and Wrist, 436**
Julie Pal and Jackie Wallman
34. **Traumatic Hand Injury Involving Multiple Structures, 444**
Paige E. Kurtz
35. **The Stiff Hand, 460**
Susan Weiss
36. **The Neurological Hand, 474**
Gillian Porter and Lara Taggart
37. **Complex Regional Pain Syndrome, 490**
Susan W. Stralka
38. **Chemotherapy-Induced Peripheral Neuropathy, 495**
Cynthia Cooper
39. **Clients With Functional Somatic Syndromes or Challenging Behavior, 501**
Joel Moorhead
- Glossary, 508**
- Index, 525**