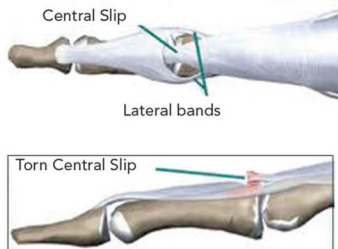


Central Slip Injury

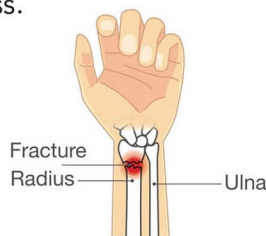
The central slip is a segment of the extensor tendon mechanism. It acts to straighten the finger. Central slip injury may originate from a fracture where a chip of bone displaces along with the tendon. It is easily treated in a small splint.

At Action Rehab we can splint the finger and commence a graded introduction to exercises including strengthening once the tendon is stable.



Distal Radial Fractures

Also referred to as Colles' or Smith's fracture. This injury is often associated with shortening of the radius. If the fracture occurs close to the wrist this can alter the alignment of the joint, causing pain and loss of function. Treatment includes immobilising of the wrist for approximately 6 weeks. Action Rehab can fabricate a plastic brace for this purpose. This will mean you can wash your hand and it is much better than plaster or fibreglass.



PHONE 1300 762 227

Your Injury, Your Outcome, Our Passion.

Our Locations

BERWICK

Epworth Specialist Suites
48 Kangan Drive
Berwick VIC 3806

BLACKBURN

Bounce Health Group
195 Whitehorse Road
Blackburn VIC 3130

BRIGHTON

Bayside Orthosports
99 Bay Street
Brighton VIC 3186

LAVERTON NORTH

Sonic Health
1/38 - 40 Little
Boundary Road
Laverton North

MALVERN

Cabrini Hospital
Suite 31 Cabrini Hospital
Isabella Street
Malvern VIC 3144

MORWELL

Maryvale Private Hospital
286 Maryvale Road
Morwell VIC 3840

PARKDALE

Como Private Hospital
150 Como Parade West
Parkdale VIC 3195

RICHMOND

Melbourne Hand Surgery
549 Bridge Road
Richmond VIC 3121

RICHMOND

Orthosport Victoria
Level 5 Epworth Hospital
89 Bridge Road
Richmond VIC 3121

WARRAGUL

Warragul Medical Clinic
46 Gladstone Street
Warragul VIC 3820

WARRAGUL

Central Clinic
170 Normandy Street
Warragul VIC 3820

ACTION REHAB Shoulder Elbow Wrist Hand

PHONE 1300 762 227

FAX 1300 766 313

All Correspondence: PO Box 264 St Kilda VIC 3182

For further information, our referral forms, or to arrange a patient appointment, please contact us by phone or email:

aradmin@actionrehab.com.au

www.actionrehab.com.au

ACTION REHAB
Shoulder Elbow Wrist Hand

Common Conditions



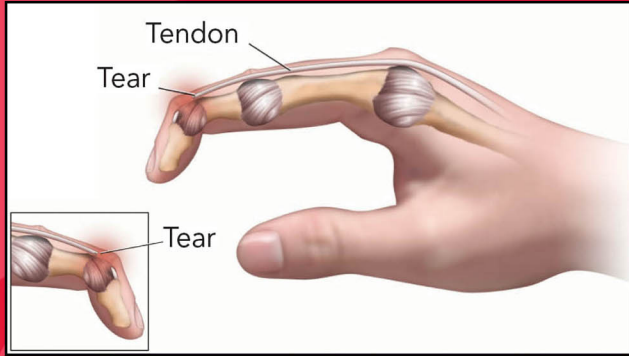
How Can We Help?

PHONE 1300 762 227

www.actionrehab.com.au

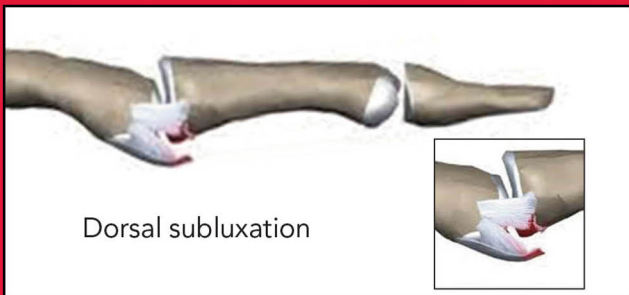
Mallet Finger

Is caused by the rupture of the extensor tendon, preventing the tip joint from straightening. To treat this, patients of Action Rehab will be provided with a custom made thermoplastic finger splint which will keep the DIP joint in hyperextension continuously for 6 – 8 weeks; this will allow the tendon to heal.



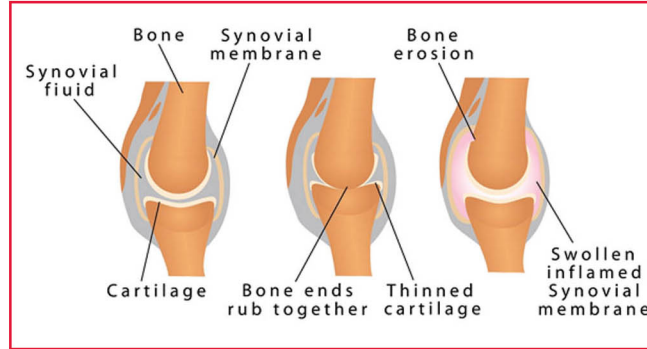
Finger Dislocation

Occurs when the joint is hyperextended causing the ligaments to tear. It can occur along with an avulsion fracture. At Action Rehab this injury is treated with a dorsal blocking splint and gentle range of movement within the splint with grading of exercises and strengthening.



Thumb Osteoarthritis

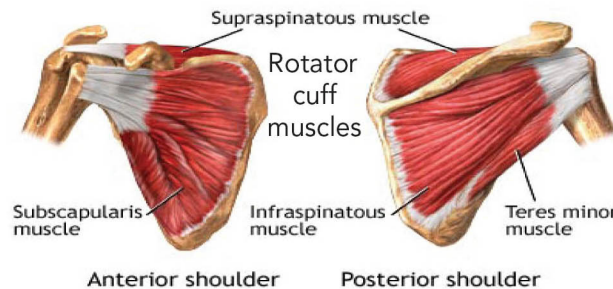
A common condition involving the degeneration of the thumb CMC joint, which can cause significant pain. At Action Rehab we can provide a small brace and strengthening exercises to reduce pain and swelling, prevent further degeneration of the joint and restore function of the hand.



Rotator Cuff Tear

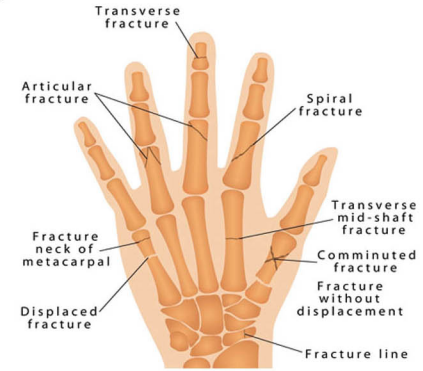
The rotator cuff is a group of four muscles that stabilise the shoulder joint.

The most commonly damaged tendon is the supraspinatus muscle and surgical repair may be considered. At Action Rehab, therapy aims to reduce pain and swelling and restore flexibility and strength of the muscles through a series of exercise programs.



Finger Fractures

These can be treated conservatively using an appropriate brace from Action Rehab. Often this decision depends on the location and type of fracture. If treated conservatively a splint can be fabricated to immobilise the fracture and provide a lightweight but robust support. Therapy following surgical and conservative treatment aims to improve unction and strength.



Tennis Elbow

Lateral epicondylitis (Tennis Elbow) is inflammation of the tendon that extends the wrist. It is common in any job that requires repetitive bending of the wrist in a backward direction such as typing. The aim of therapy for this condition is to reduce pain by supporting the wrist and increasing strength in wrist extensors, pronators and supinators.

