

## About Us

We are a team of Physiotherapists & Occupational Therapists with expertise in providing primary acute care for closed shoulder, elbow, wrist and hand injuries.



## We Treat

- ✔ Sport related injuries
- ✔ Urgent fracture & dislocation management
- ✔ Tendinopathies, De Quervain's, Tennis Elbow, Rotator Cuff
- ✔ Sprains & strains

INJURED PLAYING SPORT?



**CALL US**  
1300 762 227

Providing Hand & Upper Limb Therapy across Victoria.

GET IN CONTACT

- ✉ [aradmin@actionrehab.com.au](mailto:aradmin@actionrehab.com.au)
- ✉ [urgentcare@actionrehab.com.au](mailto:urgentcare@actionrehab.com.au)
- 🏠 Clinics located throughout VIC

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**DON'T ALLOW**  
**HAND INJURIES**  
TO IMPACT YOUR PERFORMANCE



**TAKE ACTION**

**ACTION REHAB**  
Shoulder Elbow Wrist Hand

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## Skier's Thumb Gamekeeper's Thumb

Sprain, partial or complete tear of a ligament at the base of the thumb caused by the thumb being hyperextended beyond its normal range of motion.

## Tennis Elbow Lateral epicondylitis

Tendinitis involving the tendons which connect the forearm muscles to the elbow. Pain and weakness result from this injury often caused by repetitive motions of the wrist and arm.



## Finger Dislocation

When the nearest knuckle (PIP) is bent toward the palm and the farthest joint is (DIP) is bent away from the palm as a result of damage to the central slip of the extensor tendon within the finger. This often is result of a ball impacting the end of the finger.

YOUR INJURY | YOUR OUTCOME | OUR PASSION

## Fractures Finger Fracture

Any fracture of the small bones in the fingers or thumb (phalanges) or the joints between them.

## Wrist Fracture

A fracture of any of the eight small carpal bones or the distal ends of the radius and/or ulna.

## We provide

- ✓ Immediate assessment
- ✓ Referral to imaging
- ✓ Custom splints & sportsguards
- ✓ Triage to our large surgeon network
- ✓ Expert advice without a referral
- ✓ Management of upper limb conditions

## How we can help

We provide urgent on the day appointments for all injuries and have access to a broad group of surgeons if required.

We are here to assess, splint, rest, exercise, strengthen, and rehabilitate injuries and conditions, helping patients get back to what they love.



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