



Returning Patients to the Speed of Life

Physical & Hand Therapy

Centralized Scheduling

Phone (913) 384-1642 or (816) 554-9559 • Fax (913) 384-0558

www.serctherapy.com

SPRING 2010

SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries/disorders

OUR CLINICS

- Belton
- Blue Ridge Tower
- Harrisonville
- KC North
- Kearney
- Lansing
- Lee's Summit
- Liberty
- Metro North
- Odessa
- Olathe
- Overland Park
- South Raytown
- Shawnee

In the Clinic: de Quervain's Tendonitis



Are you experiencing pain or swelling on the thumb side of the wrist, difficulty moving the thumb and wrist with pinching and grasping, or a sticking sensation in the thumb?

You could be suffering from de Quervain's syndrome, a wrist and thumb condition that a certified hand therapist is trained to treat.

First, what causes de Quervain's? There are two tendons that run side by side through a tunnel at the wrist near the base of the thumb. At times, this tunnel can become inflamed.

This inflammation is often caused by chronic overuse of the wrist; specifically, the wrist is consistently in a bent position, often toward the small finger side of the wrist, with fingers in a gripping or pinching position.

If your pain persists, your doctor may prescribe outpatient hand therapy. A certified hand therapist can work with you to create a treatment plan, as well as a home exercise

program that will address your pain from day one.

Your treatment for de Quervain's may include stretching, pain and swelling management and soft-tissue or joint mobilization, as well as education about how to best protect your hand and wrist from further injury. In addition, your therapist may suggest a static thumb splint to rest the thumb during heavy use and at night while sleeping to decrease symptoms.

De Quervain's tendonitis doesn't have to control your life. Consider asking your doctor about occupational/hand therapy, so you can get back to the activities you enjoy.

Meet the Staff: Kristen Larson, OTR/L, CHT

Kristen Larson has been an occupational therapist for 15 years and a certified hand therapist for 6 years. She has worked for SERC since October 2007, at our Liberty and Metro North clinics. Kristen is a

graduate of the University of Columbia-Missouri. She is a manual therapist who enjoys restoring joint mobility and treating soft-tissue injuries, as well as making custom splints. In her spare time,

Kristen spends time with her family, including her husband and her children Aidan, 3 and Madeline, 9. The family enjoys traveling, swimming and watching Madeline compete in gymnastics.