

# LIMITED HAND USE PROGRAM

## INTEGRATED SERVICES. IMPROVED OUTCOMES.

Everything we do as a company is with the aim of achieving the best possible results for our clients and customers. We employ the very best people, practices and processes, with a focus on improving the daily lives of Canadians.

In addition to our national network of 130 community-based Outpatient Clinics, we offer a wide range of specialized services including Hospital, Eldercare, Home Health, Independent Assessment, Occupational Therapy, Workplace, Medical and a specialized Autism facility.

Our clients are our first priority, and it shows in everything we do.

*talk to us about how we can help*

TO ARRANGE AN APPOINTMENT OR  
FOR MORE INFORMATION ABOUT OUR  
PROGRAM, PLEASE CONTACT US

## CBI PHYSIOTHERAPY & REHABILITATION CENTRE - OTTAWA EAST

1400 St Laurent Blvd., 4th Floor  
Ottawa, Ontario K1K 4H4  
613.742.6108  
ottawaeast@cbi.ca

CBI Health Group is a leading provider of co-ordinated healthcare services and practice management expertise in Canada. We work with individuals and health managers all across the country to ensure that clients receive solutions tailored to their needs. With our cohesive network of providers and services, the result is better health outcomes.

 CBI HEALTH GROUP

[www.cbi.ca](http://www.cbi.ca)



*Lending a helping hand*

Individually tailored  
programs that improve  
hand functioning

 CBI HEALTH GROUP

# helping hands work

## WE CAN HELP

CBI has developed a training program specifically for people with injuries to one or both hands.

Whether the goal is to completely transfer dominance or to maximize function in an injured hand, we provide the necessary skills for successful participation in school programs and chosen occupations.

## CONDITIONS

The following are conditions that have been successfully treated within this program:

- Repetitive Strain Injury
- Carpal Tunnel Syndrome
- Tendon Repair
- Joint Replacement
- Soft Tissue Injuries
- Amputations
- Reflex Sympathetic Dystrophy (RSD)
- Hand/wrist fractures
- Arthritis

## TREATMENT SERVICES

An intake assessment is performed by a regulated health professional who provides a detailed outline of current hand function.

We then develop an individually tailored program to help the client achieve desired improvement in their hand skills.

Clients participate in regular treatments within our CBI Health Centres. Their safety and hand function is monitored continuously, with progress documented at each stage, and progress reports provided monthly.

CBI staff works closely with academic advisors and/or employers to coordinate treatment goals. We encourage and practice open and regular communication with case workers throughout the treatment process.

## *other ot services available*

Ergonomics Assessments  
Back Education Seminars  
Job Coaching Sessions  
Work Reintegration  
Lifestyle Restoration  
Physical Therapy

