

Work Related Injury

At Action Rehab we are experts in treating a number of different work related upper limb injuries such as tennis elbow, De quervain's tenosynovitis, trigger finger and carpal tunnel syndrome. Occupational injuries of the upper limb are particularly common in jobs that are highly repetitive in nature; seeking treatment early can help reduce the severity of symptoms and aids in faster recovery.

At Action Rehab we are able to provide advice and education with regards to your injury and provide suitable treatment modalities which may include ergonomic advice, splinting, strengthening and stability exercises.



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



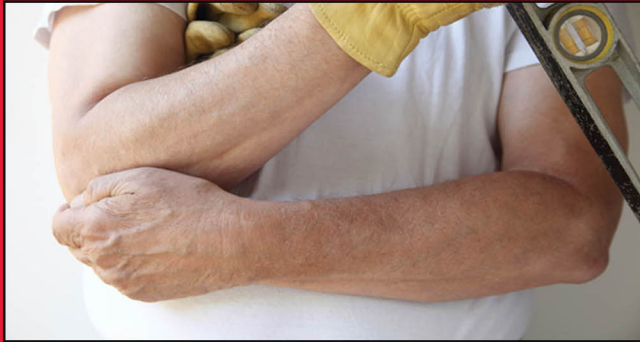
Work Related Injury in the Hand Wrist and Elbow



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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 the wrist.



De Quervain's Tenosynovitis

Inflammation of the tendon sheath in your wrist that causes burning pain with movement of the thumb and wrist.

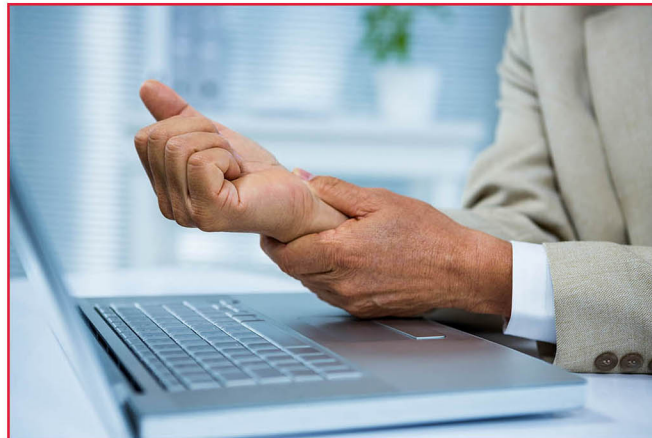


Trigger Finger / Thumb

Thickening of a tendon that causes it to 'catch' when bending and straightening your finger/thumb. If caught early this can be treated simply with a small splint.

Carpal Tunnel Syndrome

Increased swelling causing compression of a nerve in your wrist that results in numbness, pins and needles and hand weakness. Can be successfully treated and resolved.



What We Can Do

Carpal Tunnel Syndrome

- Orthotics/Bracing/Splinting
- Massage
- Joint Protection
- Education
- Strengthening

De Quervain's Tenosynovitis

- Orthotics
- Massage
- Modification of activities of daily living
- Strengthening

Tennis Elbow

- Orthotics/Bracing/Splinting
- Massage
- Joint Protection
- Strengthening

Action Rehab has links with several of Melbourne's leading hand surgeons. If necessary, referrals can be arranged for surgical opinion.

