



MARCH 2021

WHAT'S INSIDE

HAND OR WRIST PAIN?

How Custom Orthotics
Could Benefit You

SPRING SPORTS

Is Your Child Ready To
Get Back In The Game?

SHARE YOUR SUCCESS STORY!

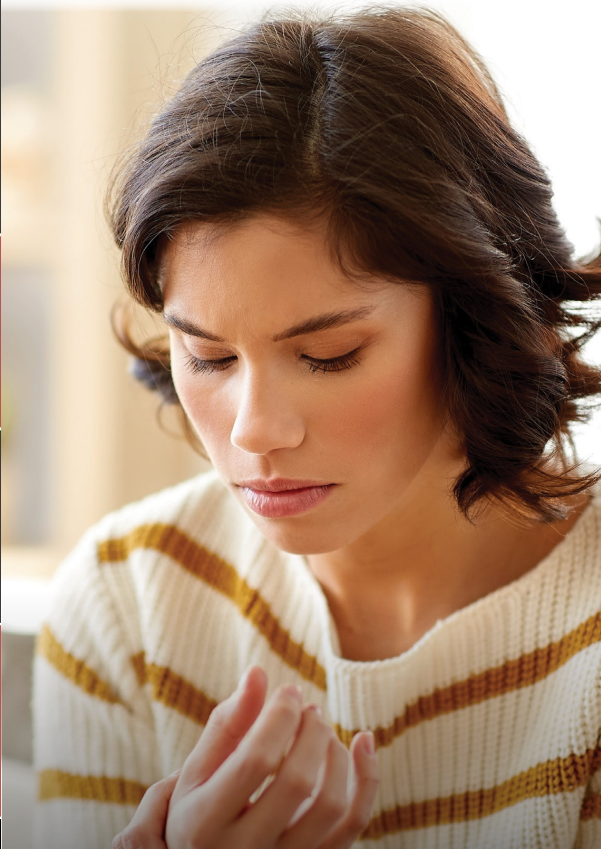
We Make It Easy To Leave
A Review!



**DID YOU KNOW?
MARCH IS...**

(See Inside To Find Out!)

NEWSLETTER



ARE YOU LIVING WITH A TRIGGER FINGER?

*FINDING THE ANSWER FOR YOUR
TRIGGER FINGER*

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FINDING THE ANSWER FOR YOUR TRIGGER FINGER



ARE YOU LIVING WITH A TRIGGER FINGER?

A trigger finger is an inflammation of tendons on the palm side of the hand, causing pain on the palm side of the hand, just below the fingers. It can also cause pain in the fingers themselves, and/or up into the forearm. The tendons allow you to bend your fingers, so when you develop trigger finger, it can make it difficult to move your finger normally or to perform daily tasks.

The tendons are meant to glide with ease, so when they become inflamed, this limits the smooth gliding of the tendon, and can result in "clicking" or "popping" of the finger, a finger that won't bend at all, or a finger that won't straighten without help.

Fortunately, at Therapy Solutions, we can help treat your trigger finger so you can get back to living your life comfortably. For more information, contact us today.

HOW DO I KNOW IF I HAVE TRIGGER FINGER?

In many cases, it can be difficult to determine the cause of trigger finger. It is possible that your trigger finger may be caused by repetitive gripping of certain tools, such as a drill or wrench. While anyone can develop trigger finger, it is more common for those who are diabetic, arthritic, or who have sustained a

previous injury to the palm of the hand. It is also very common for perimenopausal women, and the exact reason it starts is not well known.

If you are wondering whether or not you may have trigger finger, some common symptoms include:

- ▶ Pain in the palm of the hand
- ▶ A nodule or bump in the palm of the hand
- ▶ Tenderness at the base of finger(s) or thumb
- ▶ Swelling at the base of the finger(s) or thumb

When you arrive for your initial appointment, your hand therapist may ask you to perform certain hand movements or press on specific spots in your hand and forearm to determine if you do have trigger finger. A common test may include making a fist and then trying to straighten the fingers. If the affected finger(s) or thumb stays curled before suddenly popping back into a straight position (as if releasing the trigger of a gun), it is a sign that you likely have a trigger finger. It is this "popping" that gives "trigger finger" its common name.

Contact our occupational therapists today at 701-483-1000 or visit our website at Therapy-Solutions.net to find out how we can help your hand pain!

DID YOU KNOW? MARCH IS...



...NATIONAL SOCIAL WORK MONTH!



...AND NATIONAL
**ATHLETIC TRAINING
MONTH!**

Meet Our Athletic Trainer,
Tori Nelson!

Tori graduated from the University of Mary in April 2018 with a B.S. in Athletic Training and minors in wellness and coaching. Tori completed her clinical experience providing services in a variety of sport settings working with collegiate, high school and middle school athletes. Another aspect of her clinical experience was in a pediatric outpatient and inpatient medical setting working closely with the physical and occupational therapists.

EYE MOVEMENT DESENSITIZATION AND REPROCESSING THERAPY

Eye Movement Desensitization and Reprocessing therapy is a treatment created to decrease distress and discomfort associated with negative traumatic memories and experiences. This type of therapy has the ability to transform the meaning of a person's painful memories, and has helped our patients to find peace and healing from emotionally disturbing and stressful situations.

EDMR works in phases to remove mental blocks that can keep a person from making the necessary progress to recover from their trauma for years. If you are struggling with your mental health as a result of a traumatic experience, EDMR therapy may benefit you. Contact Therapy Solutions today for more information on this therapeutic method, and rest assured that it is our top priority to make sure our patients are feeling their best physically, as well as mentally.

Therapy Solutions
TAKE YOUR LIFE BACK.

For more information call Therapy Solutions at **701.483.1000**
or visit us online at **Therapy-Solutions.net** today!

Learn more by visiting our website at **Therapy-Solutions.net** or schedule your consultation today by calling **701.483.1000!**



HOW CAN CUSTOM ORTHOTICS BENEFIT ME?

► Depending on the severity of your condition, there are a multitude of different braces that may help in making daily activities easier to perform. Custom braces can help with the alignment of joints, muscles, tendons, and ligaments, allowing for optimum healing. By working closely with one of our highly trained hand therapists, you can be confident that you have the proper brace for facilitating healing and protecting your hands during everyday tasks.

At Therapy Solutions, we can create a custom orthotic specifically for your needs. We offer a wide range of orthotics for the hands, aimed at articulating and immobilizing, to help aid in pain management during certain activities. Many people with chronic conditions, such as arthritis, have found success and relief with our orthotic devices.

Our hand therapists will conduct a physical evaluation to examine the current levels of mobility in your upper extremity. From there, they will design a personalized treatment plan and custom orthotic that will help relieve pain, improve your range of motion, and increase strength in your arthritic hand(s).

GET STARTED TODAY!

If arthritic pains in your hands have been making daily life difficult for you, contact Therapy Solutions today to schedule a consultation. Don't suffer in silence - take the steps to relieve your pain and improve your function today! We will determine if custom orthotics could be beneficial to you, and we'll get you started on the path toward long-lasting relief!



GETTING BACK IN THE GAME ARE YOU READY FOR SPRING SPORTS?

► Did you know that according to the U.S. Centers for Disease Control, over 2 million high school athletes suffer from sports-related injuries annually? Additionally, 3.5 million kids under the age of 14 also receive treatment for sports-related injuries annually. This doesn't even include the number of adult athletes that get injured from a sport.

Whatever age you are, or level of physical ability you may have, our certified hand therapists (CHTs) can help you recover from sports injuries that may affect your upper extremities and/or prevent them altogether. If you are looking for a quick and easy way to get off the sideline and return to your sport, contact Therapy Solutions today. We'll get you playing the sport you love to your full potential in no time!

HOW DO SPORTS INJURIES OCCUR?

"Sports injury" is a term that can be used to describe any injury sustained while exercising or performing some sort of athletic

activity. There are two ways in which sports injuries can occur: suddenly, such as one football player colliding with another, or over time, through repetitive motions, such as constantly striking a volleyball. Simply put, anything that results in pain while performing physical activity can be considered a sports injury. Some common sports injuries include:

► **Sprains.** Your bones are connected to one another by ligaments. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is more likely that the affected area will be sprained again in the future.

► **Strains or pulled muscles.** Your muscles and bones are connected by tendons. When a tendon is stretched beyond its limit, a strain or "pulled muscle" can occur. Once the tendon is stretched, it is more likely that the affected area will be strained again in the future. Both strains and sprains are common in sports that require high impact in the wrists, elbows, and shoulders, such as volleyball, football, tennis, or baseball.

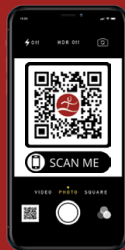
► **Flexor tendinitis.** This is an overuse injury that causes swelling in the tendons that control your hand movement, making it difficult to bend your fingers and move your hand or elbow. Flexor tendinitis is typically associated with sports that require constant throwing, such as softball, baseball, football, or shot put.

► **Frozen shoulder.** Frozen shoulder can result from either an acute injury or an overuse injury. It occurs when the tissue in your shoulder thickens or scar tissue forms, causing your shoulder to feel as if it's being "squeezed" and making it difficult to move.

► **Rotator cuff tear.** Rotator cuff tears can occur from either acute or overuse causes, as well. For example, falling on an outstretched arm, sustaining a blow to the shoulder, or partaking in repetitive overhead motions (such as those in volleyball, swimming, softball, baseball, tennis, or football) can all result in rotator cuff tears. This occurs when the muscles or tendons that surround the shoulder joint become damaged or torn.

For more information about how Therapy Solutions can help you, visit our website at therapy-solutions.net.

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Scan the code with your camera app,
and post your success story on our
Google reviews page!



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