

Rehab Services



Hand Therapy Program

Specialty care in Los Angeles

Licensed occupational therapists and certified hand therapists lead our Hand Therapy Program, offering a wide range of hand and upper extremity rehabilitation services. We holistically evaluate your symptoms, then customize treatment plans to meet your needs.

The goal of therapy is to help you reduce or manage pain, decrease deficits from a hand injury and promote healing. Our aim is that you return to your optimal day-to-day functioning as efficiently as possible.

COMMONLY TREATED CONDITIONS

- Cumulative trauma disorders (CTD)
- Dislocations and sprains
- Fractures of the hand, wrist, forearm and humerus
- Repetitive strain injuries (RSI), including carpal tunnel syndrome and other nerve compressions
- Tendinitis
- Tendon and nerve lacerations
- Rheumatoid Arthritis
- Osteoarthritis
- Psoriatic Arthritis

LOCATIONS AND SCHEDULING

Our rehabilitation team includes more than 300 employees, all with specialized expertise. We target specific rehabilitation programs to specific patients, providing care. Our hand therapists offer appointments for patients with all types of hand and upper extremity injuries and chronic conditions.

UCLA Outpatient Rehabilitation

1000 Veteran Ave.
Suite A-744
Los Angeles, CA 90095

1260 15th Street, Suite 900
Santa Monica, CA 90404

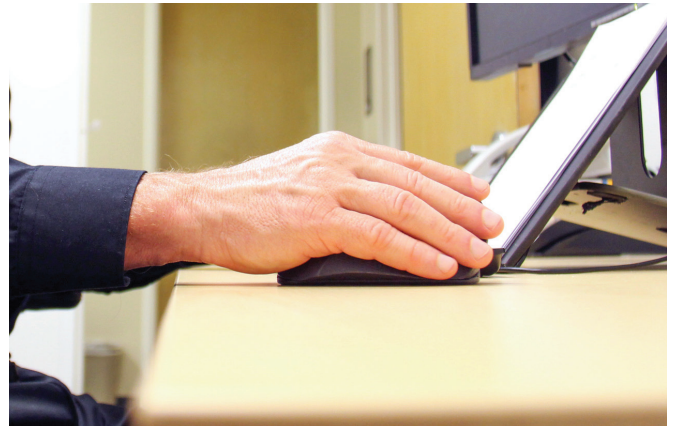
1131 Wilshire Blvd.,
Suite 202
Santa Monica, CA 90401

For information and/or scheduling assistance, please call **310-794-1323**.

Learn more about our services at uclahealth.org/medical-services/rehab

Computer Ergonomics

Spending hours on end at a computer can put a significant strain on your back, neck, shoulders and wrists. Many patients benefit from working with our hand therapists to learn more about proper workstation setup, posture and positioning. We may offer new techniques or equipment recommendations to help reduce pain, increase comfort and functionality.



Proper ergonomics reduces your risk of muscle strain, injuries and fatigue.

Follow these tips for optimal alignment:

1. Sit with your bottom at the back of your chair.
2. Ensure that your mid and low back are supported by the back rest.
3. Rest your feet flat on the floor, or on a footrest if your feet do not reach the floor.
4. Keep about 3 inches / 4 fingers of distance between the back of your knee and the seat edge.
5. Align your shoulders with the seat back and keep arms close to your body (no more than 25 degrees out in front or out to your sides).
6. Keep your elbows around 110 to 120 degrees; avoid a 90-degree angle.
7. Maintain a neutral wrist while typing to avoid excessive wrist motion.
8. Move arm as one unit with typing and mousing.
9. Center your head over your shoulders.
10. Position your screen so your eyes align with the top third, instead of looking down.