



## Conditions That We Treat

- Adhesions or tightness
- Arthritis and rheumatic diseases
- Crush injuries/mutilating trauma
- Cysts and tumors
- Dislocations and subluxations
- Dupuytren's disease
- Fractures
- Ligamentous injury and instability
- Muscle/tendon strains, tears, and avulsions
- Postsurgical treatment
- Nerve injuries (e.g. neuropathies, palsies, brachial plexus injury)
- Vascular disorders
- Wounds and scars

## Other Services

- Splint fabrication
- Ergonomic recommendations
- Exercise prescription
- Desensitization and sensory re-education
- Graded motor imagery & mirror box therapy
- Scar tissue massage
- Swelling management
- Therapeutic taping/Kinesiotaping

Direct billing available to MPI, WCB and most other private insurers.

## Hand Therapy Program



75 Poseidon Bay  
Winnipeg, Manitoba  
Canada R3M 3E4  
[panamclinic.org](http://panamclinic.org)



Rehabilitation  
Services

To make an appointment call **204-927-2660**



## What is Hand Therapy?

Hand therapy is the art and science of rehabilitation of the upper limb, which includes the hand, wrist, elbow and shoulder girdle. Using specialized skills in assessment, planning and treatment, hand therapists provide therapeutic interventions to prevent dysfunction, restore function and/or reverse the progression of pathology of the upper limb in order to enhance your ability to execute tasks and to participate fully in life situations. At Pan Am Rehabilitation Services, we work closely with your referring physician or surgeon to provide you with the care you need.

## What is a Certified Hand Therapist?

At Pan Am Rehabilitation Services, we are fortunate to have two Certified Hand Therapists (CHTs). Currently in Manitoba there are only a few CHTs working in private clinics.

“A CHT is an occupational therapist or physiotherapist who has a minimum of three years of clinical experience, including 4,000 hours or more in direct practice in hand therapy. In addition, the CHT has successfully passed a comprehensive test of advanced clinical skills and theory in upper quarter rehabilitation.” (source: Hand Therapy Certification Commission). Visit [www.htcc.org/home](http://www.htcc.org/home) to learn more.

## Custom Splint Fabrication

Our hand physiotherapists are trained to create custom splints for the hand and upper extremity. Pan Am Rehabilitation Services is **one of the few private physiotherapy clinics in Winnipeg** to offer this service. The cost of each splint depends on the materials used and the time required to fabricate it. Most extended health insurance providers cover a portion, if not all of the cost of a custom splint.

## Meet Our Hand Therapists



**Julie Scarlett** is a Certified Hand Therapist. She graduated from the University of Alberta in 1993 with a Bachelors degree in Physiotherapy. Julie has postgraduate education in manual therapy (Level 3), postural dysfunction and ergonomics and splinting. She has instructed courses on the wrist and hand, enjoys various sports, and volunteers her time coaching varsity volleyball at the club and provincial team level.



**Shanna Semler** is a Certified Hand Therapist. She graduated from the University of Manitoba in 2006 with a Bachelors degree in Physiotherapy. After 10 years of working in private practice, she focused her postgraduate education and in-clinic work on the hand and upper extremity. She has worked with multiple sports teams including the Women's Canadian Wheelchair Basketball Paralympic team, The Canadian Paralympic Association and the Olympic Curling Trials.