

Location: 1st Floor of the hospital
Hours of Operation: 0730-1630
(MON-FRI)
Clinic phone: 531-3305/6



Beneficiaries:

Care is provided to patients who are authorized treatment in a military facility to include active duty, retirees, &/or dependants ranging in age from infancy to geriatrics.

What is Occupational Therapy?

Occupational Therapy incorporates the patient's functional goals whether it's playing basketball or cooking dinner. This is accomplished by using a holistic patient-centered therapy approach that is in accordance with the American Occupational Therapy Association. Our Occupational therapy team strives to ascertain patient's goals by rehabilitating any deficits or handicaps that impair the patient's functional areas of life. This ensures that the patient can maximize their quality of life and be independent in their activities of daily living.

Most people think occupation means "work." In contrast, occupation means "any purposeful activity". Therefore, the clinic focuses treatment to achieve functional goals that are related to everyday tasks such as dressing, sports, cooking, and personal hygiene. In the end, our goal is to return our soldiers and dependents back to the occupational activities that they enjoy.

The clinic at Bayne-Jones Army Community Hospital specializes in helping beneficiaries rehabilitate after upper extremity injuries or disabilities, including injuries to the upper arm, elbow, wrist, or hand and some stroke patients.

Army occupational therapists also serve in a physician extender role by providing initial screenings and evaluations to diagnose problems in the upper extremity and then treat and follow that patient until sufficiently healed. The occupational therapist can order a variety of radiographic evaluations, prescribe non-steroidal medication, administer topical anti-inflammatory medications and write temporary profiles until the patient is properly healed. In addition, we have many state of the art treatment modalities that can be provided in our clinic to better facilitate your recovery such as transcutaneous electrical neuromuscular stimulation, ultrasound, interferential current therapy, iontophoresis, phonophoresis and thermo- plastic splint fabrication as well as the ability to issue compensatory adaptive equipment to facilitate a faster and more comfortable recovery you as our patient.

[FAQ'S Link](#)

[Home Treatment Link](#)

Links:

[American Occupational Therapy Association](#), [Ergonomic Stretches and Tips](#), [Army Medical Specialist Corps](#)

FAQ's

Question: I have numbness or tingling in my fingers?

Answer: This may be caused by carpal tunnel syndrome. You should schedule an appointment for an evaluation because there are other nerve entrapments that can cause these symptoms such as cubital tunnel syndrome or ulnar nerve compression of the Guyon's canal.

Question: My finger locks up and I can't extend my fingers until it pops?

Answer: This sounds like a symptom of trigger finger. A nodule grows on the tendon and prevents proper excursion of the tendon through the A1 pulley.

Question: I have pain in the joints of my hand when the weather changes or when I do a lot of work with them?

Answer: This is caused by arthritis which means inflammation or irritation of the joint. Furthermore, there are many types of arthritis but the best way to treat arthritis is with work simplification, energy conservation, and joint protection techniques that can be taught by our Occupational Therapy Team at your appointment.

Question: I have pain at my elbow with motion and with lifting things.

Answer: The cause of this pain could be Tennis elbow (lateral epicondylitis) or Golfers elbow (medial epicondylitis). These are caused from inflammation around the bony knobs on the outside/inside of the elbow. The tissue that attaches the muscle to the bone becomes irritated and becomes painful. The symptoms can be treated with rest, heat, massage, stretching, splinting, and activity modification.

HOME TREATMENTS

Disclaimer

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HOME MADE HEAT AND ICE TREATMENTS

Homemade Heat and Ice Treatments

Rice Sock	
To Make	Needed Items: Cotton Tube Sock, Uncooked Rice, Microwave Optional Items: Essential oil or dried herbs
Directions	<ol style="list-style-type: none">1. Fill the cotton sock with uncooked rice. It should be full, but NOT tightly packed.2. If you enjoy aromatherapy, feel free to add a few drops of pure essential oil (such as lavender) or some dried herbs (such as chamomile).3. Tie the end of the sock in a knot or you can sew it closed or tie it with a string.
To Use	<ol style="list-style-type: none">1. Heat on high in the microwave for 1 to 2 minutes (it will depend on the strength of your microwave).2. Apply to the desired area and shape to conform to the body part.
Note	You can also place the rice sock in the freezer for about an hour to use as a cold pack.

Ice Pack	
To Make	Needed Items: 2 Sturdy Gallon size freezer bags, 70% Isopropyl alcohol, Water
Directions	<ol style="list-style-type: none"> 1. Mix 3 cups water to 1 cup 70% isopropyl alcohol in a freezer bag. 2. Remove as much air from the bag as possible and seal. 3. Label the bag "non-edible" or add some blue food coloring to identify the bag. 4. Place bag in a second freezer bag to prevent leaks. 5. Place in freezer overnight.
To Use	<ol style="list-style-type: none"> 1. Remove from freezer. 2. Place a towel between the area to be treated and the ice pack (DO NOT place directly on skin). 3. Conform cold pack to the shape of the body part to be treated and cover with an additional towel. 4. Treatment time should be from 10 to 15 minutes.

Ice Cups	
To Make	Needed Items: Paper cups, Water Optional Item: Popsicle sticks
Directions	<ol style="list-style-type: none"> 1. Fill paper cups with water and insert popsicle sticks if desired. 2. Place in freezer overnight.
To Use	<ol style="list-style-type: none"> 1. Trim the bottom of the cup to expose the ice, or use popsicle stick to remove. 2. Apply ice directly to skin while constantly moving the ice cup (You can use a towel or the stick to keep from freezing the opposite hand). 3. Continue to move the ice until you have moved from cold to burning/aching to numbness; typically 3-5 minutes(NO MORE THAN 7 MIN! EDEMA(SWELLING) TREATMENTS

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CONTRAST BATHS

Contrast Baths	
	Contrast baths are used to reduce swelling in the hands and wrists. By alternating between warm and cold water, the body naturally pumps out the swelling.
Set Up	Using either a double sided sink or two bowls/pans large enough to fit your entire hand fill one with warm water (105-110 degrees-warm tap water) and the other with cool water (59-68 degrees-cold tap water)
Directions	<p>Gently bend and straighten your fingers while completing the following:</p> <ol style="list-style-type: none">1. Immerse your hand/wrist in the warm water for 10 minutes2. Immerse your hand and wrist in cool water for 1 minute3. Switch back to warm water for 4 minutes, followed by 1 minute is cool water4. Switch back to warm water for 4 minutes, followed by 1 minute is cool water5. End with your hand in warm water for 4 minutes
Note	You may also wish to squeeze and release a foam ball or sponge during the treatment. If you have severe swelling, try elevating the hand for 20 minutes after this treatment.

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Median Nerve Gliding Exercises for Carpal Tunnel Syndrome	
Directions	<ol style="list-style-type: none">1. Begin by making a fist, with your wrist in the neutral position.2. Straighten your fingers and thumb.3. Bend your wrist back and move your thumb away from your palm.4. Turn your wrist palm up.5. Use your other hand to gently pull your thumb farther away from your palm.
Five (5) repetitions - three (3) times / day	



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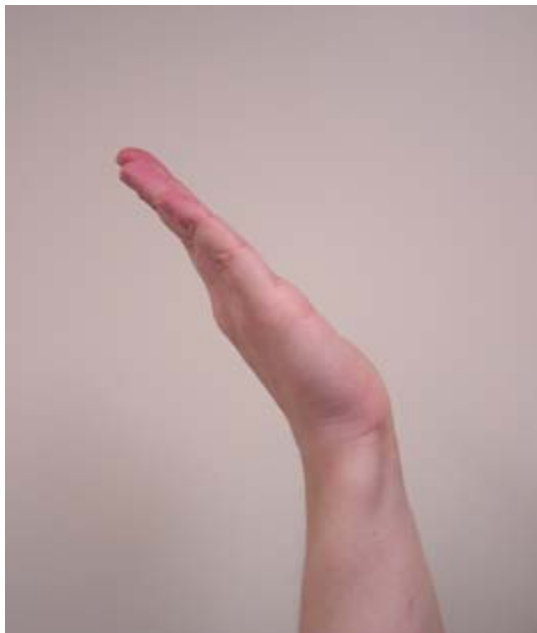
STEP #1



STEP#2



STEP#3



STEP#4&5(Pull thumb away from palm)



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