

INSURANCE INFORMATION

Most government and commercial insurances are accepted including:

- Medicare
- Medical Assistance
- Carefirst
- United
- Tricare
- Workers Compensation
- Auto Injury
- Aetna
- Cigna
- MDIPA
- MAMSI
- Optimum Choice
- Kaiser Permanente
- Unicare
- Alliance OneNet
- Priority Partners
- Maryland Physician Care
- Amerigroup

Some insurance companies require a physical therapy referral. Please obtain a referral from your physician or health-care provider. We will obtain your physical therapy benefits' information prior to your evaluation.

DIRECTIONS

Gambrill's Physical Therapy, LLC

is conveniently located in Gambrill Center, at the base of Gambrill State Park in Western Frederick County just outside of the city.

From Frederick City

Take Rt. 40 West. Proceed 3 miles West from the Golden Mile. We are located on the right.

From Middletown

Proceed East on Rt.40A. Turn Left onto Ridge Road. Go to end. Turn Right onto Rt.40. Proceed .5 miles. We are located on the left.

From Hagerstown/Myersville

Take Rt. 40 East. Proceed 5 miles past Myersville. We are located on the left.



GAMBRILL'S
PHYSICAL THERAPY

OFFICE HOURS

Monday - Friday

Evening hours available

7817 Baltimore National Pike, Suite A

Frederick, MD 21702

Phone (301) 473-4065 Fax (301) 473-4085

Email: gambrillspt@comcast.net

HAND REHABILITATION



GAMBRILL'S
PHYSICAL THERAPY

*Restoring Function,
Movement and Independence*

HAND FUNCTION

If you've ever injured your hand or experienced pain in your arms and hands from overuse or arthritis, you understand how many aspects of your function are instantly impaired. Whether it is your dominant or non-dominant hand, one finger or many, you are suddenly unable to accomplish your daily tasks. Small jobs such as bathing, dressing, or preparing meals become very difficult and cumbersome. We rely heavily on our upper extremity function to perform our **ADL's** (Activities of Daily Living), work duties, and recreational interests. If you are having difficulties with your upper extremity function, you may benefit from Physical Therapy performed by a Certified Hand Therapist, or CHT.

WHAT PROBLEMS CAN WE TREAT

A CHT can help you address the following issues:

- Edema (swelling)
- Pain
- Range of motion limitations
- Hypersensitivity
- Scar tissue
- Functional loss
- Grip/pinch weakness
- Joint deformity
- Wrist/arm weakness
- Loss of dexterity
- Numbness/tingling

Common diagnoses for hand therapy referrals include:

- Tendonitis (ie- Tennis Elbow, DeQuervain's Tenosynovitis)
- Nerve compression (ie- Carpal/Cubital Tunnel Syndrome)
- Flexor/extensor tendon injuries & repairs
- Nerve injuries & repairs
- Wrist/finger fractures & dislocations
- Osteoarthritis/Rheumatoid Arthritis
- Burns/hand wounds
- Soft tissue injuries (ie- TFCC/ligament tears, volar plate/central slip repairs, crush injury)
- Finger amputations/trauma
- Trigger finger
- Complex Regional Pain Syndrome, or CRPS (also known as RSD)
- Post-surgical procedures of the hand

PHYSICAL THERAPY GOALS

Every patient's goals for hand therapy are individual, but with the use of stretching, range of motion and strengthening exercises, compression, splinting/bracing, modalities (heat/cold, ultrasound, electrical stimulation), massage, desensitization, ADL/coordination training, and comprehensive patient education, patients can successfully return to their lives with independent function. Gambrell's PT offers comprehensive hand therapy services with a CHT. A 1993 graduate of the University of Maryland at Baltimore's Physical Therapy program, Tania Danner has specialized in the treatment of hand/upper extremity disorders since completing her hand therapy certification in 2001. She works to provide the highest quality of individualized specialty care to her patients.

