

Hand Therapy

Tidewater Physical Therapy has a comprehensive hand therapy program and is home to two Certified Hand Therapists (CHT). Patients living with hand conditions may experience a range of difficulties, from brushing their hair to lifting 200 lbs. at work. Therapists work with patients to come up with a treatment plan, including short- and long-term goals, joint preservation strategies, joint mobility strategies and skin integrity. We understand that recovery is a team effort between an orthopedic surgeon, physician and therapist. The goal is to get patients back to their normal, everyday activities and to better their quality of life.

Who is a good candidate for Hand Therapy?

Hand therapy treats conditions such as arthritis, fractures, amputations, muscle injuries, tendon injuries, bone injuries and breaks, agricultural injuries, nerve injuries and lacerations, artery lacerations and Reflex Sympathetic Dystrophy (RSD).

How long are hand therapy patients generally treated for?

It depends on the treatment required, but hand therapy patients usually participate in treatment for a month or two to over a year.



Craig L. Joachimowski, PT, OCS, CHT (Seaford)



Craig L. Joachimowski is the clinical director of our Seaford, DE clinic and also provides hand therapy support to the Salisbury clinic. Craig is an Orthopedic Clinical Specialists (OCS) and a Certified Hand Therapist

(CHT). Craig received his Bachelor of Science in Physical Therapy from University of Delaware. He also received a Competency in Vestibular Dysfunction from Emory University. As one of the very few therapists with the certifications of OCS and CHT Craig uses a combination of various methods and splinting to treat hand conditions like nerve injuries; tendonitis; post-operative rehabilitation following tendon, artery, and nerve repairs ligament reconstruction; fractures and Reflex Sympathetic Dystrophy (RSD).

