

HURT YOUR HAND PLAYING NETBALL?

Upper Limb Injuries make up a significant proportion of netball injuries. Most people make the attempt to play on but this is not necessarily the right thing to do. Many injuries can heal well with limited intervention but some injuries can result in permanent dysfunction if not treated appropriately.

EKCO Hand Therapy is a dedicated team of registered Occupational Therapists and Physiotherapists who manage the treatment of Hand and Upper Limb Conditions.

As Practitioners in hand therapy we frequently treat:

- Fractures and Dislocations
- Nerve and Tendon/Ligament Injuries
- Sports Injuries
- Soft-tissue injuries including wrist sprain/strains, tennis elbow, golfers thumb
- Sport Specific re-training
- Accelerated return to sport programs
- Protective splinting approved for competition

It is much easier to treat an injury acutely than to manage a painful, stiff dysfunctional joint at a later date. So don't just "hope it will get better on its own", contact EKCO Hand Therapy to enable appropriate management, optimal recovery and early return to the game.

