



## Hurt your hand, wrist or elbow playing sport? You are not alone.....

We have all experienced that ball to the top of the finger, fallen and landed on our wrist, or elbow pain throwing or when using a racquet.

Upper Limb Injuries make up a significant proportion of sporting injuries in Australia. 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 are specialised in the management of Hand and Upper Limb Conditions. As specialised practitioners of 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.

To contact us please call at Chermside/Redcliffe (3350 5172); Ipswich (3812 5199); Mater (3846 0700); Springhill (3833 3222) or visit our website [www.ekco.com.au](http://www.ekco.com.au)

