

What is Physiotherapy?

Jansen Lee
Principal Physiotherapist



**Restoring Mobility
and Enhancing Well-being**



What is Physiotherapy?

Physiotherapy is a specialised healthcare profession that focuses on helping individuals restore and improve their physical function, mobility, and overall well-being. It involves a range of evidence-informed techniques and exercises to address various musculoskeletal conditions like neck, shoulder, low back or knee pains.

What does Physiotherapy do?

Physiotherapy offers a holistic approach to healthcare, aiming to optimise movement and alleviate pain. Skilled Physiotherapists assess, diagnose, and treat a wide array of conditions, tailoring treatment plans to each individual's unique needs. The goal is to restore function, enhance mobility, and improve quality of life.

Physiotherapy employs a diverse range of interventions



Manual therapy

Hands-on techniques such as joint mobilisation, soft tissue massage, and manipulation to improve mobility and reduce pain.



Therapeutic exercises

Aims to strengthen weak muscles, improve flexibility, and balance that will eventually overall physical fitness and safety in sport participation.



Electrotherapy

Uses devices like therapeutic ultrasound, electrical stimulation, shockwave therapy, and heat therapy to promote tissue healing and reduce pain.

Who can benefit from Physiotherapy?

Physiotherapy offers benefits to people of all ages and abilities. Whether you're an athlete recovering from an injury, an office worker experiencing back pain, or an elderly individual seeking to improve balance and mobility.



Rehabilitation

Physiotherapy assists in recovering from injuries, surgeries, or accidents by promoting tissue healing, reducing pain, and regaining strength and mobility.



Chronic Conditions

Physiotherapy can manage chronic conditions like arthritis, chronic pain or fibromyalgia.



Sports Injuries

Athletes can rely on Physiotherapy for injury prevention, rehabilitation, and performance enhancement. It addresses sprains, strains, fractures, and other sports-related injuries.



Workplace Issues

Physiotherapy provides solutions for individuals experiencing work-related musculoskeletal issues, such as repetitive strain injuries, back and neck pain, and postural problems.



Aging and Mobility

Physiotherapy helps older adults maintain independence by improving balance, mobility, and managing age-related conditions like osteoporosis or arthritis.



Seeking Physiotherapy?

If you're experiencing pain, mobility issues, or recovering from an injury, consider consulting a qualified Physiotherapist. They will conduct a comprehensive assessment, design an individualised treatment plan, and guide you on your journey to optimal physical well-being.

Remember, Physiotherapy is not just about recovering from injuries; it is a proactive approach to maintaining a healthy and active lifestyle. Embrace the transformative power of Physiotherapy and unlock your potential for a pain-free, mobile future!

Book an appointment today

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What is Hand Therapy?

Joanna Lim
Principal Hand Therapist



Rediscovering Dexterity and Mobility



What is Hand Therapy?

Hand therapy is a specialised healthcare service provided by occupational therapists which focuses on the rehabilitation of the upper limb - elbow, forearm, wrist, hand, fingers and thumb. The hand is one of the most important parts of our bodies, responsible for completing most of our daily tasks, such as self care, work and leisure activities. The aim of hand therapy is to promote healing and maximise the function of the hand and upper limb, allowing you to return to performing activities (e.g. work-related activities, sports and hobbies) that are meaningful to you.

What does Hand Therapy do?

For upper limb conditions or injuries that do not require surgery, hand therapy treatment may include customised splinting, range of motion exercises, strengthening and therapeutic modalities such as wax, shockwave and ultrasound therapy.

Hand therapy is also essential for post-operative management of hand and upper limb injuries, to help you regain full function and strength of your hand. Our hand therapist will liaise closely with the referring hand or orthopaedic surgeon to develop a safe and effective rehabilitation program so that you can return to normal function as soon as medically possible.



Who can benefit from Hand Therapy?

Hand therapy offers benefits to people of all ages and abilities. Upper limb injuries have a high incidence rate, representing 29% of all injuries that reach emergency departments. They can have a large impact on functional ability in daily activities and are associated with disability, low productivity, and mental health problems.

Our Hand Therapist treats a variety of hand and upper limb conditions/injuries, including:

- Arthritis
- Crush injuries, nail bed injuries, finger amputations
- Fractures and joint dislocations
- Joint or ligament injuries/sprains (e.g. TFCC injury)
- Nerve injuries
- Repetitive strain injuries (e.g. trigger finger, carpal tunnel syndrome, mummy's thumb/wrist, tennis elbow, golfer's elbow, tendinitis)
- Sports injuries to the upper limb
- Tendon injuries (e.g. mallet finger, tendon lacerations)

Seeking Hand Therapy?

If you're experiencing pain, functional problems, or recovering from an upper limb/hand injury, consider consulting a qualified hand therapist. They will conduct a comprehensive assessment, design an individualised treatment plan and guide you on your journey to recovery.

What can I expect during Hand Therapy?

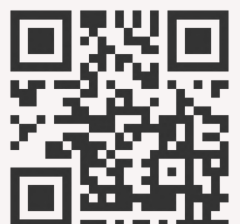
Hand therapy treatments are customised based on your specific condition, symptoms and needs, and may include:

- Customised splinting
- Heat/wax therapy
- Management of swelling
- Manual therapy and myofascial release
- Mobilisation and strengthening exercises
- Pain relief/management
- Scar management
- Sensory re-education
- Ultrasound therapy
- Shockwave therapy
- Ergonomics advice and functional training



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What is Podiatry?

Daniel Wong
Principal Podiatrist



Step Towards Healthy Feet: Exploring the World of Foot Care



What is Podiatry?

Podiatry is a specialised field of healthcare dedicated to the examination, treatment, and prevention of conditions concerning the feet and lower extremities. Skilled podiatrists are proficient in managing various issues such as foot discomfort, nail ailments, sports-related injuries, and diabetic foot care. Their expertise contributes significantly to upholding excellent foot health, ultimately supporting overall mobility and a sense of wellness.

Comprehensive Foot & Lower Limb Treatment

Our podiatrists are specially trained to diagnose, treat, and manage disorders of the foot or lower limb. Regardless of your condition or disorder, we will complete a comprehensive evaluation of your foot function and symptoms to identify the root cause and alleviate your pain, and restore your lower limb mobility. Our goal is to improve your function and get you back to performing the activities you love.

Areas that our Podiatrist can help you with include:



Advice and
Education



Foot and
Ankle Pain



Lower Limb
Conditions



Diabetic Foot
Management



Manual
Therapy



Footwear
Assessment and
Evaluations

Who can benefit from Podiatry?

Podiatry offers benefits to a diverse range of individuals. Anyone experiencing foot discomfort, ankle pain, nail issues, lower limb conditions, or seeking diabetic foot care can gain from podiatric expertise. Additionally, athletes, those with structural imbalances, and individuals aiming to improve foot health and mobility can all find value in podiatry services.

- Individuals with foot discomfort or pain
- Those experiencing ankle pain or discomfort
- People with nail-related issues
- Those seeking treatment for lower limb conditions
- Athletes looking to address sports-related foot problems
- Individuals with structural imbalances affecting their feet
- People in need of diabetic foot care and prevention
- Those with foot issues hindering their daily activities
- Individuals aiming to enhance overall foot health and mobility
- Anyone seeking expert advice on proper footwear and foot care techniques.

Customised Foot Orthotics. Podiatry, Personalised.

Custom foot orthotics are prescription-only medical devices that are prescribed by a Podiatrist. They are specifically used to treat a variety of foot and lower limb conditions through different means. With 1doc Physio, you can be certain that your orthotics are made specifically with you at the heart of its design. Through a range of musculoskeletal assessments, and understanding your needs and lifestyle choices, our Podiatrist will be able to prescribe you a device that addresses your foot pain, and accommodates your lifestyle as much as possible.



Seeking Podiatry?

Your feet are so important for everyday life. They are the foundation of your entire body in terms of support, balance, posture, and well-being. When you experience foot pain or have a debilitating foot issue, simply walking around can be a taxing chore.

Our expert podiatry team is dedicated to helping you get back on your feet. We diagnose and treat a wide variety of foot and lower limb conditions and injuries, ranging from routine skin and nail care to conditions related to sports injuries or foot biomechanics. We focus primarily on non-surgical conservative management of foot and lower limb disorders. Let's get you back to pain-free living and the activities you love.

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Podiatry

Plantar Fasciopathy

Envision those initial steps upon waking or rising from prolonged sitting—suddenly, a sharp pain radiates through the base of your foot, centred at the heel. A familiar greeting: plantar fasciopathy (fasciitis) making its presence felt.

Plantar fasciitis, a prevalent foot condition, casts its shadow on all, triggering pain, discomfort, and challenges in daily tasks. But rest assured, we're here to guide you.

Now, let's delve into the intricacies briefly. The plantar fascia, akin to a rigid rubber band, traverses the sole, linking heel to toe. Its role involves sustaining the foot's arches and absorbing impact during ambulation or running. Yet, at times, this delicate structure bears excessive strain, ushering in discomfort and pain. You might be wondering, "What's occurring with my heel?" The answers are multi-fold, each unveiling distinct causative factors.



Factors Contributing to Plantar Fasciopathy (Fasciitis) Development

1) Overuse and Repetitive strain

Participating in activities that involve prolonged standing, running, jumping, or walking on hard surfaces can put excessive strain on the plantar fascia. If your job is particularly demanding on your lower limbs, or participate in high-impact sports, this also increases your risk of developing plantar fasciopathy. This also happens often when individuals start increasing their weight bearing activities in preparation for an event or a competition of some sort.

2) Foot Posture

The shape and structure of your feet can also contribute significantly to the development of plantar fasciopathy Fasciitis. Individuals with flat feet (Pes Planus) or high arches (Pes Cavus) may cause uneven weight distribution and reduced shock absorption. This directly affects plantar fascia and can result in overloading the fascia, causing injury.

3) Elevated BMI or Body Weight

Carrying excess body weight places additional stress on the feet, including the plantar fascia. The increased pressure can lead to overstretching and irritation of the fascia, making overweight individuals more susceptible to developing Plantar Fasciitis.

4) Improper Footwear:

Wearing shoes without sufficient arch support, cushioning, or proper fit may result in increased strain on your foot and plantar fascia. High heels, for example, can alter the natural position of the foot, increasing tightness of certain muscles and placing increased pressure on the toes. Flat shoes with little to no support have poor shock absorption as we walk or run, which can then place unnecessary stress on the plantar fascia.

While overuse, foot posture, increased weight and improper footwear are primary reasons for plantar fasciitis, other factors can also contribute to this condition.

Age also contributes to the development of plantar fasciitis, as the plantar fascia becomes less flexible with time. Pregnancy-related hormonal changes can cause ligaments throughout the body to become more flexible and lax, including the plantar fascia. This can potentially contribute to foot discomfort or exacerbate existing foot conditions such as plantar fasciitis. Tight muscles, such as the calf muscles, can add tension to the plantar fascia. Although not a direct cause, can exacerbate symptoms of plantar fasciitis.

But here's the good news: plantar fasciitis is a condition that can be managed effectively. And that's where we can help! Our goal is to get you back on your feet and live your best life without that problematic pain.



Here are some options to help manage this condition effectively:

1) Activity Modification and Stretching

One important aspect of managing plantar fasciitis is giving your feet some well-deserved rest. Modifying your activities that aggravate the condition, such as prolonged standing or high-impact exercises, can allow the plantar fascia to heal. Apart from modifying your activities, specific stretching exercises for the calf muscles and the plantar fascia itself can help improve flexibility and reduce tension and pain in these areas.

2) Customised foot orthotics

Podiatrists are able to prescribe custom-made orthotics, designed to give your feet the support and cushioning they deserve. These devices can help alleviate pain and restore your foot's function. Custom foot orthotics are personalised to meet your unique foot needs, ensuring a proper fit and effective treatment. By providing additional support and stability, orthotics can help distribute pressure more evenly throughout your feet, reducing strain on the plantar fascia and manage the condition.

3) Physical Therapy

Physical Therapy to improve foot strength and flexibility is also important, to manage the pain from plantar fasciitis. We are able to also provide targeted exercises and hands-on techniques to aid in your recovery process.



4) Footwear Recommendations

Podiatrists are able to prescribe custom-made orthotics, designed to give your feet the support and cushioning they deserve. These devices can help alleviate pain and restore your foot's function. Custom foot orthotics are personalised to meet your unique foot needs, ensuring a proper fit and effective treatment. By providing additional support and stability, orthotics can help distribute pressure more evenly throughout your feet, reducing strain on the plantar fascia and manage the condition.

5) Ultrasound therapy

Ultrasound waves are applied to the affected area, helping to improve blood circulation, and reduce inflammation. This gentle and soothing treatment can enhance tissue repair and provide relief from plantar fasciitis (fasciopathy) pain.

6) Shockwave Therapy

Also known as Extracorporeal Shock Wave Therapy (ESWT), is a cutting-edge treatment option for plantar fasciitis. This non-invasive procedure uses high-energy shockwaves directed at the affected area to stimulate healing and tissue regeneration. This supports the natural healing process of the plantar fascia. Shockwave therapy has shown promising results in pain reduction and improving functional outcomes for patients with chronic plantar fasciitis, especially when other treatments have not provided sufficient relief.

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Physiotherapy

Patellofemoral Pain Syndrome (PFPS)

Understanding, Treating and Restoring Function

Pain at the front of the knee, between the kneecap (patella) and the thigh bone (femur), is also known as Patellofemoral Pain Syndrome (PFPS) or Runner's knee. It is characterised by pain and discomfort during activities that involve knee bending, such as walking, running, squatting, or climbing stairs.



Several risk factors contribute to the development of pain:

- **Overuse or Repetitive Movements:** Activities that involve repeated bending that stress the knee joint.
- **Muscle Imbalances:** Weakness or imbalance of the quadriceps, hamstrings or hip muscles can alter the alignment and normal movement of the kneecap.
- **Biomechanical Factors:** Abnormal foot posture (i.e. flat-feet or high arch feet) or malalignment of the lower extremities.
- **Poor Training Techniques:** A sudden increase in training intensity, improper footwear or incorrect form during exercises.
- **Previous Injuries.**

This condition typically manifests as:

- A dull, aching pain in the front of the knee, especially at specific angles or activities
- Swelling
- Warmth around the knee



How can Physiotherapy help?

Physiotherapy plays a crucial role in managing your knee pain by identifying and addressing these problems and restoring function. Your Physiotherapist will:

Assess and Diagnose

A thorough evaluation helps identify the underlying causes and contributing factors, allowing for personalised treatment planning.

Strengthening and Stretching Exercises

Targeted exercises help improve muscle strength and flexibility, particularly focusing on the quadriceps, hamstrings, hips, and core muscles.

Manual Therapy

Hands-on techniques like joint mobilisation, soft tissue massage or myofascial release can improve joint mobility and reduce muscle tightness.

Electrotherapy

Ice, heat, ultrasound therapy, shockwave therapy, electrical stimulation, or taping techniques can be utilised to reduce pain.

Biomechanical Correction

Gait analysis and correction, as well as addressing foot posture and lower limb alignment issues, can reduce stress on the knee.

Education and Activity Modification

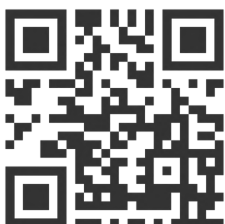
Learning proper movement pattern, posture correction, and implementing load modifications in activities and training techniques can prevent further strain on the knee joint.

Seeking Physiotherapy?

If you're experiencing these symptoms or suspecting to suffer from PFPS, consult a qualified Physiotherapist for an accurate diagnosis and effective treatment plan. Regain control over your knee health and get back to pain-free movement today!

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Physiotherapy

Acute Lateral Ankle Sprains

Acute Lateral Ankle Sprains: Understanding, Treating, and Restoring Function

An acute lateral ankle sprain is a common injury that occurs when the ligaments on the outside of the ankle are stretched or torn. It often happens during activities that involve sudden changes in direction or when the ankle rolls inward (inversion). Lateral ankle sprains can range from mild to severe, depending on the extent of ligament damage.



Several factors increase the risk of experiencing an Acute Lateral Ankle Sprain

- Previous Injury and inadequate rehabilitation to address any unresolved problems.
- Sports participation that require quick direction changes, jumping, or running on uneven surfaces.
- Weak ankle and leg muscles that provide less support and stability to the ankle joint.
- Poor balance and awareness of joint position.
- Inappropriate footwear that do not provide proper support to the ankle.

An Acute Lateral Ankle Sprain is characterised by the following signs and symptoms

- Immediate pain on the outside of the ankle, accompanied by swelling due to tissue inflammation.
- Discolouration or bruising around the affected area.
- Difficulty walking.
- A sense of instability or giving way especially when going down the stairs or walking on uneven surfaces.
- Stiffness.

How can Physiotherapy help?

Assess and Diagnose

A thorough evaluation helps determine the severity of the sprain and identify any associated injuries, allowing for appropriate treatment planning.

Therapeutic Exercises

Specific exercises to improve ankle strength, flexibility, balance, and stability are prescribed following stages of healing as well as minimise or prevent future sprains.

Manual Therapy

Techniques such as joint mobilisation and soft tissue massage can help restore normal joint range of motion and alleviate tight and sore muscle.

P.E.A.C.E & L.O.V.E. Therapy

Protection, elevation, avoid prolonged usage of anti-inflammatories, compression, education and load, optimism, vascularisation, exercise in the acute phase.

Ultrasound Therapy

An electrotherapy that is useful in reducing pain and swelling during acute inflammation.

Gradual Return to Activity or Sports

Designed to ensure a safe return to normal function.

Seeking Physiotherapy?

Physiotherapy provides individualised care, helping you recover from an acute lateral ankle sprain effectively and reduce the risk of recurrence. If you've experienced an ankle sprain, consult a qualified Physiotherapist to guide you through the rehabilitation process. Regain strength, stability, and confidence in your ankle and get back on your feet in no time!

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Physiotherapy

Tennis Elbow

Lateral Epicondylalgia: Understanding, Treating and Restoring Function

Tennis elbow, also known as lateral epicondylalgia, is a condition characterised by pain and tenderness on the outer side of the elbow. Despite its name, it can occur in individuals who do not play tennis. It is caused by overuse or repetitive strain of the forearm muscles, accidentally knocking the elbow, resulting in tiny tears in the tendons that attach to the elbow.



Several factors increase the risk of developing Tennis Elbow

- Repetitive or sustained activities that involve a lot of wrist extension, forearm rotation and gripping, such as racket sports painting, gardening, manual labour or housework. Both men and women between the ages of 30 to 50. However, it is more prevalent in men.
- Incorrect technique or poor body posture/position.
- Weak muscles in the forearm and poor grip strength can place additional stress on the tendons.
- Previous injury with inadequate rehabilitation that did not fully address the underlying issue.

Do you have the following signs and symptoms

- Pain and tenderness on the outer part of the elbow, which may radiate down the forearm. The pain is often worsened by activities that involve gripping, lifting, or twisting motions.
- Weakness and difficulty in activities that involve gripping or holding objects such as pouring water from a kettle, wringing cloth, opening a jar or turning the door knob.
- Morning stiffness, discomfort or tightness in the elbow and forearm.

How can Physiotherapy help?

Assess and Diagnose

A thorough evaluation helps determine the severity of the condition and identify any contributing factors, allowing for personalised treatment planning.

Strengthening and Stretching Exercises

Targeted exercises aim to improve forearm and grip strength, flexibility, and muscle balance to support tendon healing and prevent further strain.

Dry Needling

A technique to reduce the tension in your muscles, promoting relaxation, and blood circulation.

Gradual Return to Activity

A progressive rehabilitation plan is designed to ensure a safe transition back to regular tasks and recreational activities.

Electrotherapy

Ice, heat, ultrasound therapy, shockwave therapy, electrical stimulation or taping may be used to reduce pain and inflammation in the acute phase.

Manual Therapy

Hands-on techniques such as massage, joint mobilisation, or soft tissue release help reduce muscle tension, improve tissue mobility, and promote healing.

Ergonomic Advice

Education on proper technique, body posture, and workplace modifications to prevent re-injury and optimise daily activities.

Seeking Physiotherapy?

Physiotherapy offers individualised care to help you recover from tennis elbow effectively. If you're experiencing elbow pain or suspect tennis elbow, consult a qualified Physiotherapist for an accurate diagnosis and appropriate treatment plan. Regain strength, alleviate pain, and restore function to enjoy a pain-free and active lifestyle once again!

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Physiotherapy

Frozen Shoulder

Frozen Shoulder Contracture Syndrome: Understanding, Treating, and Restoring Function

Frozen Shoulder, also known as “50-year-old shoulder”, is a condition characterised by pain, stiffness, and limited flexibility in the shoulder joint. It occurs when the connective tissues surrounding the shoulder joint become thickened and tight, leading to a gradual loss of mobility. The exact cause of frozen shoulder is not fully understood, but it can develop after a shoulder injury, surgery, or in association with certain medical conditions.



Several factors increase the risk of developing Frozen Shoulder

- It commonly affects individuals between the ages of 40 and 60, and is more prevalent in women.
- Individuals who have had a previous shoulder injury or surgery.
- Certain medical conditions such as diabetes, thyroid disorders, cardiovascular disease, and Parkinson's disease.
- Prolonged immobility such as wearing a sling or cast.

Frozen Shoulder typically progresses through three phases

- Freezing phase: Gradual onset of shoulder pain and stiffness. Pain may be worse at night, and there is a progressive loss of shoulder flexibility range of motion.
- Frozen phase: Pain may subside or decrease, but shoulder stiffness and limited mobility become more pronounced. Daily activities that involve reaching or lifting become challenging.
- Thawing phase: A gradual improvement in shoulder flexibility, with a reduction in pain and stiffness. Recovery can take several months to years.

How can Physiotherapy help?

Assess and Diagnose

A thorough evaluation helps determine the severity of the condition and identify any contributing factors, allowing for personalised treatment planning.

Range of Motion Exercises

Gentle exercises are prescribed to improve shoulder mobility, gradually increasing the flexibility in the joint.

Manual Therapy

Hands-on techniques such as joint mobilisation and soft tissue massage can help reduce pain, improve shoulder mobility, and restore tissue flexibility.

Gradual Return to Activities

A progressive plan is designed to help you safely resume daily activities and return to your normal routine.

Electrotherapy

Ice, heat therapy, ultrasound therapy or transcutaneous electrical nerve stimulation (TENS) may be used to reduce pain and inflammation.

Strengthening Exercises

Specific exercises targeting the muscles around the shoulder joint help improve or maintain strength and stability.

Patient Education

Education about the potential course of recovery as well as what can or cannot be done to expedite your recovery.

Seeking Physiotherapy?

Physiotherapy, guided by evidence-informed approaches, is an effective treatment option for frozen shoulders. If you're experiencing shoulder pain, stiffness, or suspect frozen shoulder, consult a qualified Physiotherapist for an accurate diagnosis and appropriate treatment plan. Regain mobility, alleviate pain, and restore function to enjoy an active and pain-free life once again!

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Physiotherapy

Ankle Fractures

Physiotherapy Management of Ankle Fractures After Surgery: Get Back on Their Feet!

Physiotherapy is vital for a successful recovery after ankle fracture surgery. It aims to optimise healing, reduce pain, and restore function. By working closely with a Physiotherapist, they can regain strength, flexibility, and mobility in their ankle, enabling them to return to their daily activities and hobbies with confidence.



What is done in Physiotherapy?

Assessment

Your Physiotherapist will conduct a thorough evaluation to understand the extent of your injury, surgical procedure, and any associated factors that may affect your recovery.

Pain Management

Addressing pain is a priority. Techniques such as heat, ice, or electrical modalities may be used to alleviate discomfort and inflammation.

Range of Motion Exercises

Gentle and controlled exercises help improve ankle mobility. Their Physiotherapist will guide them through exercises to restore movement while protecting their healing tissues.

Strengthening Exercises

As their ankle heals, targeted exercises will be introduced to strengthen the muscles around the ankle joint. Strengthening is essential for stability and injury prevention.

Balance and Proprioception Training

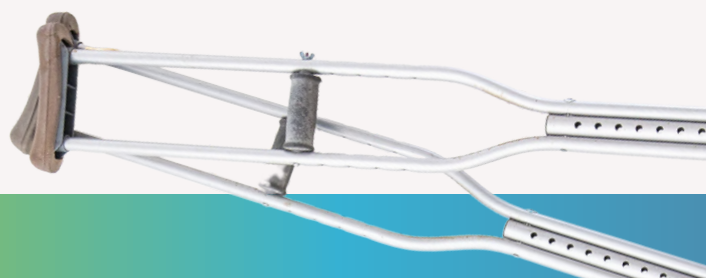
To prevent future injuries, exercises that challenge their balance and proprioception (awareness of joint position) will be included to enhance ankle stability.

Gait Training

Learning to walk properly again is crucial. Their Physiotherapist will work with them on their walking pattern to ensure a smooth and confident gait.

Functional Activities

As they progress, Physiotherapy will focus on helping them perform activities that are essential for their daily life, work, or sports.



How Long Does Physiotherapy Take?

The duration of Physiotherapy varies depending on several factors, including the severity of the ankle fracture, the type of surgical procedure, their overall health, and their commitment to the rehabilitation program. On average, Physiotherapy for ankle fractures can last from 12 weeks to several months.

It is essential to be patient and consistent with the Physiotherapy program. Your Physiotherapist will regularly assess your progress and adjust the treatment plan as needed to optimise your recovery.

Remember, the key to a successful recovery after ankle fracture surgery lies in teamwork between them and your Physiotherapist. Embrace the process, stay motivated, and trust that each step you take in Physiotherapy to bring you closer to regaining your ankle's strength, flexibility, and function. You've got this!

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Hand Therapy

Mallet Finger

A mallet finger injury refers a finger deformity that resembles a “hammer” or “mallet”. Also known as a “baseball finger”, the muscle tendon that helps the finger to straighten (called the extensor tendon) is torn from its attachment site on the last bone of the finger. Sometimes, the force of impact may also cause a small fracture at the base of bone where the tendon is attached to. In both cases, the tendon is no longer attached to the last bone of the finger and is thus unable to pull the end joint into a straightened position, causing the fingertip to droop.



What can cause a Mallet Finger Injury?

A mallet finger injury usually occurs with trauma or impact that results in the sudden forceful bending of the end joint of the finger. Examples include:

- The finger is hit by a ball during sports.
- The finger is injured during a fall.
- Stubbing of the finger against a hard surface while cleaning furniture.
- A crush injury over the fingertips (e.g. having a finger caught in a door).
- A deep cut over the back of the fingertip.

A Mallet Finger injury is characterised by the following signs and symptoms:

- Pain over the last joint of the finger.
- Swelling and bruising over the last joint of the finger.
- Inability to straighten the last joint of the finger on your own, unless helped by your other hand.



Customised splinting

Mallet finger injuries can be treated either with or without surgery, depending on the severity and complexity of the injury. For both treatment options, a customised splint, which is fabricated by the hand therapist, is required to help support your fingertip in a straightened position for optimal healing to occur. It is vital that the splint is worn at all times for at least 6 to 8 weeks, with the last finger joint immobilised completely during this period of time.

Ultrasound therapy

Ultrasound waves are applied to the affected area, helping to improve blood circulation, reduce inflammation, and decrease scar adhesions.

Manual therapy

Hands-on techniques such as joint mobilisation and soft tissue massage can help reduce pain, improve finger mobility, and restore tissue flexibility.

Strengthening exercises

Specific exercises targeting the fingers and hand help improve strength and stability.

Patient education

Education about the potential course and timeline of recovery as well as what can or cannot be done to expedite your recovery.

Heat/wax therapy

After the period of immobilisation, heat application prior to an exercise session can relieve hand pain and stiffness by relaxing tissue, increasing blood flow, and improving the production of joint fluid.

Scar management

Manual techniques such as scar massage and kinesiоtaping help to break up scar tissue and reduce adhesions which limit tissue flexibility and mobility.

Range of motion exercises

Gentle exercises are prescribed after the period of immobilisation to improve finger mobility, gradually increasing the flexibility in the joint.

Functional and dexterity training

Targeted training that focuses on improving fine motor skills, as well as tasks/activities that are meaningful to you so that you can get back to doing what you love as soon as functionally possible.

Gradual return to activities

A progressive plan is designed to help you safely resume daily activities and return to your normal routine.

Seeking Hand Therapy?

Hand Therapy provides individualised care and proper guidance during your recovery process, helping you recover from a mallet finger injury effectively and reducing the risk of re-injury. If you are experiencing a mallet finger injury, consult a qualified Hand Therapist to guide you through the rehabilitation process so you can get back to doing what you love as soon as functionally possible!

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Hand Therapy

Trigger Finger

A trigger finger is an overuse injury that affects the muscle tendon which bends the finger (flexor tendon). Finger flexor tendons pass through bands of tissue called “pulleys” which hold the tendons close to the finger bones. Inflammation of finger flexor tendons can occur after repetitive or strenuous use of the hand, which causes pain and swelling over the tendons and pulleys. This makes it difficult for the tendons to glide through the pulleys smoothly. A catch (“trigger”) of the finger thus occurs when trying to straighten it from a bent position.



What can cause a Trigger Finger?

Trigger finger often occurs over time from frequent, repetitive and/or forceful use of our hands in daily activities, including:

- Frequent wringing of cleaning cloths/mops when doing housework
- Cooking/baking
- Assembly line work
- Technical work that requires frequent use of hand tools
- Life events that require a sudden increase in upper limb use (e.g. excessive lifting/loading when moving house)

Finger tendons may become overused and strained over time, resulting in inflammation of the tendon and pulley.

A Trigger Finger is characterised by the following signs and symptoms

- A lump or swelling at the base of the finger/thumb on the palm side of the hand which may be painful or tender when there is pressure on it.
- During finger/thumb movements, the finger/thumb becomes stuck in a bent position and force is required to straighten it out. This may result in a “clicking” or “popping” sensation when opening up your finger/thumb, which may also be accompanied by pain.
- Feelings of stiffness and loss of mobility over the affected finger/thumb (especially upon waking up in the mornings).



How can Hand Therapy help?

Customised splinting

A customised splint can be prescribed to be worn over the affected finger/thumb when you are using your hands to perform daily activities so as to provide support and encourage further rest of the finger/thumb.

Ultrasound therapy

Ultrasound waves are applied to the affected area, helping to improve blood circulation and reduce inflammation.

Range of motion exercises

Specific exercises are prescribed with the aim of improving finger mobility and joint flexibility, while preventing further aggravation of trigger finger symptoms.

Heat/wax therapy

Heat application prior to an exercise session can relieve hand pain and stiffness by relaxing tissue, increasing blood flow, and improving the production of joint fluid.

Manual therapy

Hands-on techniques such as soft tissue mobilisation and friction massage can help improve blood circulation, reduce pain and release tight muscles.

Patient education

Advice on lifestyle and activity modifications so as to eliminate or minimise daily activities or finger/thumb movements which may further aggravate the condition.

Seeking Hand Therapy?

Hand Therapy provides individualised care and proper guidance during your recovery process, helping you recover from a trigger finger effectively and reducing the risk of re-injury. If you are experiencing a trigger finger, consult a qualified Hand Therapist to guide you through the rehabilitation process so you can get back to doing what you love as soon as functionally possible!

Book an appointment today

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Hand Therapy

Carpal Tunnel Syndrome

A major nerve (called the median nerve) travels down the upper limb and enters the hand through the carpal tunnel, a narrow passageway surrounded by ligaments and bones at the base of the hand and wrist area. The median nerve controls sensation, movement and strength over the thumb, index finger, middle finger, and half of the ring finger. Factors such as tendon inflammation, water retention and ergonomic stressors can cause increased pressure in the carpal tunnel, resulting in compression of the median nerve – a condition called carpal tunnel syndrome.



What can cause Carpal Tunnel Syndrome?

In most cases of carpal tunnel syndrome, it is almost impossible to attribute it to a single, specific cause or risk factor. It is now a widely held view that some individuals simply have carpal tunnels that are smaller, predisposing them to nerve compression.

Indeed, research studies found women to be three times more likely than men to develop carpal tunnel syndrome at some point in their lives. Individuals with pre-existing medical conditions such as diabetes mellitus, rheumatoid arthritis and hypothyroidism have been found to be at higher risk.

Pregnancy, obesity, trauma, and ergonomic stressors found both at work and at home are also likely contributors to the development of carpal tunnel syndrome.

Carpal Tunnel Syndrome is characterised by the following signs and symptoms

- Numbness, tingling and/or pain over the thumb, index finger, middle finger and ring finger (especially at night).
- Clumsiness when using their hands to perform daily activities.
- Muscle wasting over the small muscles of the thumb (located in the palm).
- Loss of strength and dexterity over the thumb and fingers, making it difficult to grasp and manipulate objects.



How can Hand Therapy help?

Customised splinting

A customised wrist splint can be prescribed for night wear, so as to minimise the risk of poor wrist positioning during sleep. The splint can also be worn in the day when performing activities which tend to elicit or worsen symptoms.

Heat/wax therapy

Heat application can help relieve hand pain by relaxing tissue, increasing blood flow, and improving the production of joint fluid.

Nerve and tendon gliding exercises

These gliding exercises can help the median nerve move better within the carpal tunnel.

Ultrasound therapy

Ultrasound waves are applied to the affected area, helping to improve blood circulation and reduce inflammation.

Patient education

Advice on lifestyle and activity modifications so as to eliminate or minimise daily activities and wrist movements/positions which may further aggravate the condition.

Seeking Hand Therapy?

Hand Therapy provides individualised care and proper guidance during your recovery process, helping you recover from carpal tunnel syndrome effectively and reducing the risk of re-injury. If you are experiencing carpal tunnel syndrome, consult a qualified Hand Therapist to guide you through the rehabilitation process so you can get back to doing what you love as soon as functionally possible!

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Hand Therapy

Mummy's Thumb

(De Quervain's Tenosynovitis)

"Mummy's Thumb", medically known as De Quervain's Tenosynovitis, is a common hand condition that arises from overuse of the thumb and wrist. It is a painful disorder that involves the inflammation of thumb muscle tendons located at the side of the wrist below the thumb. Over time, this can cause thickening of the tendon sheaths (soft tissue coverings encasing the tendons), making it difficult and painful for the tendons to glide through the sheaths when moving and using the thumb and wrist in daily activities.



What can cause Mummy's Thumb?

Mummy's Thumb may occur after acute traumatic injuries (e.g. sustaining a blunt force impact over the wrist, forceful twisting of the thumb and wrist). Most cases, however, often occur from overuse of the wrist and thumb, leading to increased frictional forces or microtrauma to the affected tendons and their sheaths.

Some examples of activities which may lead to or aggravate Mummy's Thumb symptoms include:

- Prolonged use and repeated movements of the wrist and thumb, such as mobile phone use, housework, sports activities, and office work.
- Mothers of newborns who are repeatedly lifting a baby or who are assuming breastfeeding postures that place the wrist and thumb in awkward positions.

Mummy's Thumb is characterised by the following signs and symptoms

- Pain and/or swelling over the wrist, below the base of the thumb.
- Catching or snapping sensation when moving the thumb.
- Feelings of stiffness and loss of mobility over the wrist and thumb (especially upon waking up in the mornings).



How can Hand Therapy help?

Customised splinting

A customised splint can be prescribed to be worn over the affected thumb/wrist when you are using your hands to perform daily activities so as to provide support and encourage further rest of the thumb/wrist.

Heat/wax therapy

Heat application prior to an exercise session can relieve hand pain and stiffness by relaxing tissue, increasing blood flow, and improving the production of joint fluid.

Manual therapy

Hands-on techniques such as soft tissue mobilisation and friction massage can help improve blood circulation, reduce pain and release tight muscles.

Strengthening exercises

Progressive strengthening exercises of the thumb / wrist after the inflammation subsides so as to prevent future recurrence.

Ultrasound therapy

Ultrasound waves are applied to the affected area, helping to improve blood circulation and reduce inflammation.

Range of motion exercises

Appropriate exercises to improve thumb / wrist joint and muscle movements while avoiding aggravation of Mummys Thumb symptoms.

Patient education

Advice on lifestyle and activity modifications so as to eliminate or minimise daily activities or thumb/wrist movements which may further aggravate the condition.

Seeking Hand Therapy?

Hand Therapy provides individualised care and proper guidance during your recovery process, helping you recover from Mummys Thumb effectively and reducing the risk of re-injury. If you are experiencing Mummys Thumb, consult a qualified Hand Therapist to guide you through the rehabilitation process so you can get back to doing what you love as soon as functionally possible!

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Hand Therapy

Triangular Fibrocartilage Complex (TFCC) Injuries

The TFCC is made up of ligaments, tendons and cartilage. It connects the bones of the forearm (the radius and ulna) with the wrist, helping to stabilise, support and cushion the wrist.



What can cause a TFCC injury or tear?

There are two main causes of TFCC injuries/tears:

- Acute injuries such as falling on the hand or wrist, a sudden twisting injury that over-rotates the wrist, as well as a fall or injury that fractures the end of your forearm bones (radius and/or ulna bones).
- Chronic degeneration with age results in the TFCC wearing down and becoming thinner, increasing the risk of developing tears over time.

TFCC injuries are characterised by the following signs and symptoms

- Clicking/popping sounds or sensations in the wrist when you rotate your wrist or forearm.
- Pain over the little finger side of your wrist.
- Weakness in the wrist.
- Reduced ability to grip objects tightly.
- Limited motion in your wrist.



Customised splinting

TFCC injuries can be treated either with or without surgery, depending on the severity and complexity of the injury. For both treatment options, your specialist doctor may request for a customised splint, which is fabricated by the hand therapist, to help support your wrist and forearm in a neutral position so that optimal healing can occur. It is vital that the splint is worn at all times for at least 4 to 8 weeks, with the wrist and forearm immobilised completely during this period of time.

Heat/wax therapy

After the period of immobilisation, heat application prior to an exercise session can relieve wrist pain and stiffness by relaxing tissue, increasing blood flow, and improving the production of joint fluid.

Scar Management

Manual techniques such as scar massage and kinesiо taping help to break up scar tissue and reduce adhesions which limit tissue flexibility and mobility.

Range of motion exercises

Gentle exercises are prescribed after the period of immobilisation to improve wrist mobility, gradually increasing the flexibility in the joint.

Patient education

Education about the potential course and timeline of recovery as well as what can or cannot be done to expedite your recovery.

Ultrasound therapy

Ultrasound waves are applied to the affected area, helping to improve blood circulation, reduce inflammation, and decrease scar adhesions.

Manual Therapy

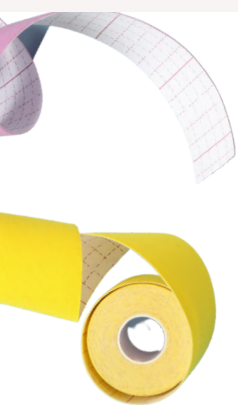
Hands-on techniques such as joint mobilisation and soft tissue massage can help reduce pain, improve wrist mobility, and restore tissue flexibility.

Strengthening exercises

Specific exercises targeting the wrist and hand help improve strength and stability.

Gradual return to activities

A progressive plan is designed to help you safely resume daily activities and return to your normal routine.



Seeking Hand Therapy?

Hand Therapy provides individualised care and proper guidance during your recovery process, helping you recover from a TFCC injury effectively and reducing the risk of re-injury. If you are experiencing a TFCC injury, consult a qualified Hand Therapist to guide you through the rehabilitation process so you can get back to doing what you love as soon as functionally possible!

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