

## Community Commitment

Many of the physicians and staff of Jefferson Regional Medical Center share something very important with our patients: a sense of community. Because many of our employees call the South Hills home, they have a personal dedication to providing their neighbors with the highest quality medical care.



## Patient Privacy

We are committed to holding patient privacy in the highest regard at all times. No patient information is released without permission from the patient or their legal representative.



## Questions About Your Bill

Any questions about payment of your bill can be directed online to: [patientinquiry@jeffersonregional.com](mailto:patientinquiry@jeffersonregional.com), or by calling us at 412-267-6462, Monday through Friday, from 8 a.m. to 4:30 p.m.



## About Us:

**Main Campus:** on Coal Valley Road near Century III Mall. Includes comprehensive inpatient and outpatient surgical services, and more than 40 specialties such as The Heart Institute, The Radiation Oncology Center, The Joint Care Center, The Women's Diagnostic Center, The Sleep Disorder Center, Physical Therapy, and Behavioral Health Care Services

**Emergency:** comprehensive Emergency Services, including stroke telemedicine and Quick Care,<sup>SM</sup> a dedicated area providing fast service for minor illnesses and injuries

**Rooms:** nearly every room in our 373-bed award-winning hospital is private

**Outpatient Centers:** in Baldwin, Belle Vernon, Bethel Park, Brentwood, Charleroi, Clairton, Pleasant Hills, Squirrel Hill, Uniontown and West Mifflin

**Clinics:** Walmart clinics operated by Jefferson Regional in West Mifflin and Belle Vernon for convenient, affordable, health care 7 days a week


## Jefferson Regional Occupational Therapy and Hand Clinic

Jefferson Regional Medical Center, Main Campus  
Jefferson Hills  
**412-469-5192**

Jefferson Regional Medical Center  
Bethel Park Campus  
**412-854-0190**

Jefferson Regional Outpatient Services Center  
Pleasant Hills  
**412-650-6511**

Additional locations are available for certain services. Please visit our website to see our full list of locations.

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If you have any questions, or for more information, please call:

**412-469-5192**

**JEFFERSON**  
REGIONAL MEDICAL CENTER  
[www.jeffersonregional.com](http://www.jeffersonregional.com)

Jefferson Regional Medical Center

# Occupational Therapy & Hand Clinic



**JEFFERSON**  
REGIONAL MEDICAL CENTER

## How We Can Help

*If you've suffered a stroke or debilitating injury, depend on the specialists at Jefferson Regional Medical Center to help you reach your goals for independent living.*

### — You can count on our care —

The Occupational Therapy program at Jefferson Regional Medical Center helps patients achieve independence by recovering the self-care skills of everyday life: dressing, bathing, homemaking, and getting in and out of a bed, a car, and a tub. Our licensed, certified occupational therapists and therapy assistants create an individualized treatment plan to help our patients gain new strength and successes every day.

Our Occupational Therapy programs are often prescribed for those recovering from a stroke, but we also provide services to patients recovering from work-related or automobile accidents, and other injuries to the nerves, spinal cord, bones, or joints.



Our therapy program includes individualized training programs to promote strength and coordination, plus assessment and recommendations for durable medical equipment to support patient safety in the home.

### The Hand Clinic

Second only to the brain in its complexity, the hand is a series of muscles, tendons, and ligaments that work in perfect harmony to allow us to communicate with the world. Through fine motor manipulation and sensitive touch, the hand allows us to complete everyday tasks such as dialing a phone to more complex tasks such as shuffling a deck of cards. Individualized care at the Outpatient Hand Clinic is as unique as your own fingerprint. Let our specially-trained Hand Therapists assist in your recovery.

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For more information, call  
**412-469-5192**

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The Outpatient Hand Clinic at Jefferson Regional Medical Center offers specialized, individual therapy to outpatients with medical conditions affecting the hand, including:

- Carpal tunnel syndrome
- Fractures of the hand, wrist, or elbow
- Cumulative trauma/overuse conditions such as tennis elbow and tendinitis
- Traumatic injuries to the tendons and nerves
- Arthritis
- Reconstructive surgery



### Our comprehensive Outpatient Therapy Services include:

- Individualized evaluations
- Custom splinting, fabricated on site
- Whirlpool
- Therapeutic modalities
- Therapeutic exercise to increase range of motion, strength and function
- Adaptive equipment training
- Self-management training and home exercise instruction

### Insurance Information

Our programs are covered by most major insurance plans; a physician's referral is required prior to treatment.