

Hand Therapy Provided by a Certified Hand Therapist

By: Cathy Selzer

A Certified Hand Therapist (CHT) is a licensed Occupational Therapist or Physical Therapist who has earned the designation by meeting and maintaining a strict set of standards set forth by the Hand Therapy Certification Commission (HTCC). These requirements include at least 3 years' experience and 4,000 hours of direct patient care related to the evaluation and treatment of the upper extremity, shoulder to hand. The culmination of certification requires the applicant to pass a rigorous certification examination which tests competency and knowledge in a wide scope of areas relating to the practice of hand therapy. The average passing rate is 59% with approximately 7,600 CHT's worldwide.

When you receive care from a Certified Therapist, you can be assured that they are committed to achieving the highest level of excellence in their field. Only certified hand therapists can use the credential CHT, and recertification is mandatory every 5 years. This ensures the therapist continues to stay current in their practice by earning continuing education hours beyond the requirements needed for their state licensure. It also ensures the therapist is actively working in the field of hand therapy for a specified number of hours.

At Curative Therapy Services, we have two CHTs, both with more than 25 years of experience. We are committed to helping you recover from your injury or surgery in a collaborative and nurturing environment and will work closely with your physician to ensure seamless continuity of care.

Some of the conditions we treat include:

- Thumb and wrist arthritis: post-surgical and non-surgical
- Rheumatoid arthritis
- DeQuervain's Tenosynovitis
- Carpal Tunnel Syndrome
- Lateral and medial epicondylitis
- Tendon ruptures and lacerations
- Fractures of the upper extremity: humerus, elbow, forearm, wrist and digits
- Post-surgical Dupuytren's
- Rotator Cuff Impingement
- Rotary cuff tears and repair
- Adhesive Capsulitis (frozen shoulder)
- Total shoulder and reverse total shoulder arthroplasty
- Labral Repairs of the Shoulder: SLAP and Bankart lesions



Cathy Selzer

OTR, CHT, CMTPT

Call us to schedule an
appointment!
414-479-9270

Curative
Therapy Services

Dedicated to Helping People Thrive