

# Our Hand and Upper Extremity Care Teams

*Lead The Region*

Every day you use your fingers, hands, wrists, arms, elbows, and shoulders. You might be picking up your toddler, grabbing for your phone, typing on a computer, or driving your car.

Of course, you don't think about the wear and tear these activities put on the joints, bones, and muscles that support these areas of your body. Why should you when everything is working well?

But when this constant use and abuse starts to take its toll and daily activities you once took for granted are becoming painful or impossible to perform, it's time to

see the experts in hand and upper extremity care right around the corner at Mary Washington Hospital in Fredericksburg and at Stafford Hospital.

"We typically push our hands and upper extremities to their limits. Couple this with the fact that their design is complex and intricate, makes them susceptible to injury in many situations," says Ali R. Hashemi, MD, Director of the Hand and Upper Extremity Program at Mary Washington Healthcare's Human Motion Institute (HMI). "If you are sedentary or sit at a desk all day, it doesn't take a dramatic accident to cause an injury. You can develop a severe shoulder strain just by awkwardly lifting your arm. Many times this is due to your upper extremities being conditioned to be in a certain position, and can affect normal range of motion."

## Expert Care, Close to Home

The HMI teams of orthopedic surgeons, nurses, and rehabilitation therapists subspecialize in specific areas of the hand and upper body and provide cutting-edge techniques to treat conditions ranging from shoulder-replacement surgery to carpal tunnel syndrome. The teams offer a full range of specially designed treatment programs, including joint-replacement surgery (shoulder, elbow, wrist, hand), joint fusions, arthroscopy (to evaluate and treat shoulder, elbow, and wrist conditions), peripheral nerve decompression (cubital tunnel and carpal tunnel syndromes), tendon and nerve repairs, microsurgery, and complex fracture care.

"The field of hand and upper extremity medicine is constantly evolving, and at HMI, we are on the forefront of the latest technology and highest standard of care," says Dr. Hashemi. "If an orthopedic technique is new, we know about it through our personal training, continuing medical education, and interactions with our colleagues at HMI."

The HMI hand and upper extremity care teams provide each patient with complete medical and radiological examinations to reach an accurate diagnosis and develop an appropriate plan of care for even the most complex cases.

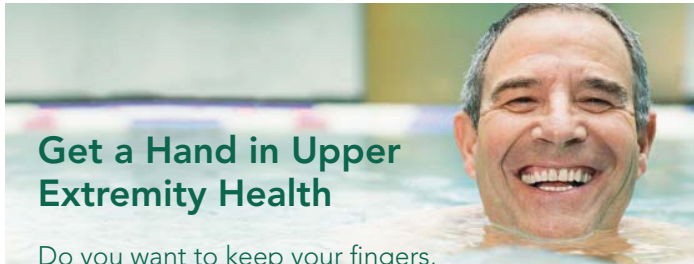
## Get a Hand in Upper Extremity Health

Do you want to keep your fingers, hands, wrists, arms, elbows, and shoulders healthy?

Then keep them moving!

"Staying active is essential in preventing hand and upper extremity injuries, especially as you get older," says Ali R. Hashemi, MD, Director of the Hand and Upper Extremity Program, Human Motion Institute, Mary Washington Healthcare. "The human body is not as elastic or forgiving as we age, so stretching and strengthening is essential for adults who want to maintain their flexibility and range of motion."

Swimming, for example, is an excellent activity for conditioning the upper body, and it is an exercise that most people can embrace.





“Not every patient we see needs surgery, and we typically offer conservative treatment options first,” says Dr. Hashemi.

Physical therapy is integral to each patient’s customized treatment plan. HMI’s rehabilitation experts use state-of-the-art facilities, advanced technologies, and proven protocols to restore function as quickly and safely as possible and prevent the same injury from returning.

#### **Early Treatment, Faster Recovery**

Although some hand and upper extremity injuries are common, Dr. Hashemi says you shouldn’t shrug them off as normal and push through the pain.

“Conditions resulting from overuse or natural wear and tear may be unavoidable. But to prevent them from becoming chronic or irreversible, you have to get an expert evaluation,” he says. “Our experienced HMI teams are the hand and upper extremity care leaders in this region. Our goal is to provide patients with the most advanced healthcare services currently available.” •

#### **Conditions Treated**

Human Motion Institute Hand and Upper Extremity orthopedic surgeons and medical teams specialize in the treatment of:

- Shoulder pain and arthritis
- Rotator cuff tears and tendinitis
- Elbow pain and arthritis
- Shoulder, elbow, and wrist tendinitis
- Wrist ligament sprains and tears
- Wrist arthritis
- Hand and finger arthritis
- Compressive neuropathy (cubital tunnel syndrome, carpal tunnel syndrome)
- Nerve and tendon lacerations
- Pediatric congenital anomalies
- Complex fracture care

#### **\*learn more:**

For more information about hand and upper extremity care at the Human Motion Institute, visit [www.MaryWashingtonHealthcare.com](http://www.MaryWashingtonHealthcare.com) and select “Centers of Excellence” at the top.

