

Sovereign Rehabilitation Lawrenceville Location



OT & Carpal Tunnel Syndrome



Occupational therapists (O.T.) help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). Here at Sovereign we have OTs who treat a number of different conditions of the hand and upper extremities as well as OTs who have extra training and credentials as Certified Hand Therapists (CHTs). A common condition that is treated with OT is Carpal Tunnel Syndrome (CTS).

What is CTS?

CTS refers to nerve compression in the wrist that results in pain, a burning sensation, numbness, and tingling in the wrist, hand, and/or fingers. Any activity that causes a repetitive movement (such as typing), awkward or uncomfortable posture, extremes of wrist position, direct pressure on the heel of the hand, or vibration may put someone at risk for developing carpal tunnel syndrome. Because carpal tunnel

syndrome affects use of the hands, a person may have difficulty with typical daily activities at home, such as dressing, grooming, and cooking; and activities at work, such as using the phone or computer. Occupational therapists help people with carpal tunnel to function in their home, work, and leisure environments.

How can OT help?

An Occupational Therapist can perform a detailed, customized evaluation of a person with symptoms of CTS. The OT can then:

1. **Recommend** assistive equipment and ergonomically correct devices to reduce repetitive motion.
2. **Fabricate** a customized splint or brace to properly position the hand and wrist for healing
3. **Facilitate** range of motion, endurance, and dexterity in the fingers and hands to make daily activities easier.
4. **Educate** the person in

postural and conditioning exercises that may reduce the symptoms.

Studies have shown that conservative treatment of CTS with treatments like Occupational Therapy are successful and can potentially prevent the need for invasive treatments or surgery.

Resources:

www.aota.org/Consumers/consumers/Work/CarpalTunnel - American Occupational Therapy Association

J Okla State Med Assoc. 2002 Jan;95(1): 7-14.



April is National OT Month!

Let's celebrate the wonderful contribution that OT's make

Driving Assessment Program

Sovereign has a new program that provides clinical driving screens to determine whether it is safe for the client to continue driving following an injury/illness or age related changes. Our goal is to assure safe and independent mobility within the community.



Our Driver Program assesses your “Driving Health” including:

- Medical History
- Vision Testing
- Strength and Coordination Testing
- Cognitive Screening
- Balance Assessment

We are proud to offer brake reaction testing by using the Vericom System for simulated driver skills. Our evaluations are done by Occupational Therapists with experience in a wide range of disabilities and conditions. Please contact us at 404-835-3340 or more information.

Meet Our Staff



Kerri Lively

Kerri Lively, OTR/L, CHT: Kerri joined the Sovereign team in 2008 as an Occupation Therapist and Certified Hand Therapist (CHT). Originally from Acworth, Georgia, Kerri attended the Medical College of Georgia where she received her Bachelor’s in Occupational Therapy. Kerri specializes in hand therapy, splinting, and administering FCEs and impairment ratings for the upper extremity. Her hobbies include spending time with her daughters (Paige and Brooke), traveling, reading, scrapbooking, cooking, and outdoor activities.



Julia McVicker

Julia McVicker, OTR/L: Julia joined Sovereign Rehab in October of last year and has been integral in building our new Driver Rehabilitation program. Julia is from Woodstock, Georgia and received her Master’s in Occupational Therapy from Brenau University. Julia specializes in hand therapy, driver rehab, and the neurologic care. Her hobbies include UGA football, reading, crafts, music and singing.