

Certified Hand Therapy



We rely on the use of our hands, arms and shoulders everyday to complete the simplest of tasks...getting dressed, brushing our teeth and eating our meals. An injury to our upper extremity can be devastating. Choosing a certified hand therapist is an important step in the road to recovery.

Why Choose a “Certified” Hand Therapist?

A Certified Hand Therapist specializes in the rehabilitation of the upper limb, which includes the hand, wrist, elbow and shoulder girdle. A Certified Hand Therapist has achieved the highest level of competency in the profession and stays up to date on latest advancements in hand therapy. This ensures you receive the best treatment for your injury.

Treating a Variety of Conditions

Our Certified Hand Therapist treats a variety of conditions including:

- Arthritis
- Carpal tunnel syndrome and other nerve compressions
- Thoracic outlet syndrome
- Fractures or dislocations
- Ligament injuries or repairs
- Pain syndromes
- Sprains and strains



STOUGHTON
HEALTH

Creating Excellence Together

- Surgical reconstructions
- Tendonitis
- Tendon injuries, repairs or grafts
- Tendon transfers
- Traumatic injuries
- Joint instability
- Shoulder impingement

Locations

Rehabilitation & Sports Medicine Clinics

Oregon (608) 835-5373

Stoughton (608) 873-2292

Direct Access

An order from a doctor is no longer required for our occupational and physical therapists to provide treatment. Clients can self-refer and directly contact either of our two outpatient rehab clinics for an appointment.

Our staff will call each individual insurance plan to determine coverage. At this time, Medicare and Medicaid still require a referral.

Insurance

Stoughton Health accepts over 160 area insurance plans, including but not limited to those listed below. Please check your individual plan regarding coverage of services at Stoughton Health.

Alliance, Anthem Blue Cross Blue Shield, Cigna, Dean Health Plan, Humana, Medicare, Quartz, Security Health Plan, United Healthcare, WEA Trust and WPS

For more information call (608) 873-6611.

Provider



Melissa Monte

Occupational Therapist/
Certified Hand Therapist



stoughtonhealth.com