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# Orthotics for the Upper Body

*Health & Wellness Newsletter*

Have you recently injured your shoulder, elbow, or hand? Have you suffered a wrist fracture? At Connections Physical Therapy, we specialize in treating all upper body conditions, including using custom orthotics to help you regain any lost function from the injury.

The upper extremities include your hands, wrists, forearms, elbows, upper arms, and shoulders. Pain or dysfunction anywhere in your upper extremity can make daily activities difficult to complete.

Whether it's brushing your hair, driving a car, or typing at a computer, you use your upper extremities hundreds of times throughout the day. If you are experiencing pain or difficulty due to an injury or underlying condition, a custom orthotic can help.

For more information or to schedule an appointment with one of our physical therapists, contact Connections Physical Therapy today.

## What Is A Custom Orthotic For The Upper Extremities?

An orthotic is a type of support, brace, or splint used to

support, align, prevent, or correct the function of the joints.

Most people are familiar with foot orthotics, but wrist braces and arm braces are also orthotic devices. They all work to help those with pain or difficulty with basic movements perform these activities again.

A custom orthotic is made specifically for the individual to ensure it follows the contours of your body, resulting in a better fit and more support. *The ideal orthotic will provide the following:*

- Effectiveness
- Comfort
- Ease of use

It can sometimes be challenging to determine if an orthotic device is needed. If your injury or condition affects your normal daily activities or begins to cause discomfort, you may benefit from being fitted for an orthotic.

By working closely with one of our highly trained physical therapists, you can be confident that you have the proper brace for facilitating healing and protecting your upper extremity during your recovery.

## Don't Let Your 2023 Insurance Benefits Go To Waste!

**Take charge of your health today and make the most of your insurance benefits!** If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of this remarkable opportunity at Connections Physical Therapy. Don't let these valuable benefits go unused!



Stop letting pain get in the way. Give us a call or visit [connectionspt.com](https://connectionspt.com) today!



# Apple Pie Chia Smoothie

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoon chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.

<https://helloglow.co/fall-smoothies/> Photo by Ana Stanciu

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## Who Can Benefit From An Upper Extremity Orthotic?

Orthotics are used to support or correct a weak or deformed body part. They can also be used to restrict or prevent motion in a diseased or injured part of the upper body.

Orthotic devices for the upper extremities are used for injuries and disorders of the shoulder, elbow, wrist, hand, or fingers. Upper extremity orthoses may offer particular advantages when treating deficits caused by deformity, paralysis, or pain.

The goal of the custom orthotic is to support the joints, optimize healing, prevent deformity, and improve the function of the arm.

## How Physical Therapy Can Help

If you notice discomfort or struggle with normal activities since your injury/condition started, we can help you find a solution. Our physical therapists will conduct a physical evaluation to determine your needs and examine your upper extremity's current levels of mobility.

From there, they will design a personalized treatment plan and create a custom orthotic to relieve pain, improve your range of motion, optimize your healing and increase your overall function.

Your therapy sessions will focus on pain reduction, swelling control, range of motion, strength, coordination, and dexterity. Your therapist will also

design a home exercise program for you to follow to ensure optimal results.

We use a patient-centered approach to address the needs of the patient. Whether you need to open a jar, button a shirt, or get back to the repetitive demands of a job, our therapist will focus on what you need to get back to doing what you love.

If your upper extremity pain is making daily life difficult for you, contact our office today for an appointment. We will determine if custom orthotics could benefit you, and we'll get you started on the path toward long-lasting relief.

## Call Today To Schedule An Appointment

Handling any problem sooner rather than later leads to better results and prevents long-term damage, such as arthritis. Contact Connections Physical Therapy today to schedule a consultation with one of our physical therapists!

We will provide you with custom orthotics to help you feel better and get back to doing what you love!

Sources:  
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**Our Goal Is To Help You Reach Yours**  
[Click here to schedule your appointment!](#)



Stop letting pain get in the way. Give us a call or visit [connectionspt.com](https://connectionspt.com) today!

# 4 Simple Strategies for Stress-Free Leaf Cleanup

For many of us, autumn is one of the most beautiful times of the year. There's nothing like the cool refreshing air and breathtaking fall foliage. However, with the changing of the seasons comes a chore that some of us don't like – raking leaves.

Thankfully, there are a few easy ways to make raking the leaves more enjoyable. If you need help with your follow through on this chore, keep reading!

## 1. If you can, rake downhill

Raking leaves is hard enough without having to go against gravity. Make this process a little easier on yourself by raking downhill.

## 2. Pull the leaves towards you as you rake

This technique helps keep stress off your back and prevents injury. For extra preventative measures, tighten your abdominal muscles as you move.

## 3. Divide your lawn into sections

If you're dealing with a huge lawn, don't overdo it by



trying to tackle all the space in one day. Instead, divide your lawn into smaller, more manageable sections and spread the work out over a couple days.

## 4. Wear the proper clothes

To prevent blisters or bug bites, it's important to wear long sleeves and long pants while raking. It's also a good idea to invest in a pair of strong gloves to protect your hands while you work.

**Let's get you better ASAP! Schedule your appointment today!**



204 WORCESTER STREET  
**NORTH GRAFTON, MA 01536**  
TEL: 508-687-6908  
FAX: 508-887-8991

406R WASHINGTON STREET  
**HOLLISTON, MA 01746**  
TEL: 508-263-0552  
FAX: 508-429-4910

110 CEDAR STREET  
**WELLESLEY, MA 02481**  
TEL: 781-971-8112  
FAX: 781-239-9965

325 AYER ROAD  
**HARVARD, MA 01451**  
TEL: 978-347-6896  
FAX: 978-772-8102

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**LEOMINSTER, MA 01453**  
TEL: 978-540-8252  
FAX: 978-558-4916

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**MEDWAY, MA 02053**  
TEL: 508-812-9743  
FAX: 508-321-1902

125 HIGH STREET UNIT 8  
**MANSFIELD, MA 02048**  
TEL: 508-794-3818  
FAX: 508-261-9203

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TEL: 978-969-9299  
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FAX: 508-731-6564

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TEL: 508-306-8709  
FAX: 508-376-0885

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**WESTWOOD, MA 02090**  
TEL: 781-209-6268  
FAX: 781-326-0661

93 STAFFORD STREET  
**WORCESTER, MA 01603**  
TEL: 508-504-7816  
FAX: 508-859-7208

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**PORTSMOUTH, RI 02871**  
TEL: 401-680-6851  
FAX: 401-680-6852

529 MAIN STREET  
**ACTON, MA 01720**  
TEL: 978-982-2110  
FAX: 978-881-0091

**Don't Just Tolerate  
Pain, Relieve It!**

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**Stop letting pain get in the way. Give us a call or visit [connectionspt.com](http://connectionspt.com) today!**