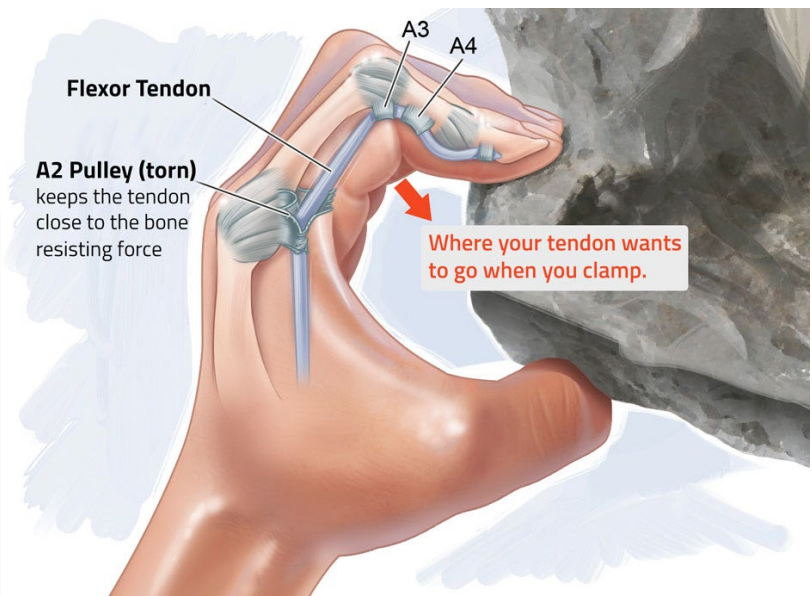




Hand Therapy provided by Occupational Therapists for Rock Climbers



Hand therapy is a specialized area of practice for Occupational Therapists that focuses on evaluating and treating injuries and conditions of the upper extremity (shoulder, arm, elbow, and hand).

Approximately 75% of all (elite and recreational) rock climbers have acute or chronic upper extremity injuries, with 60% involving the hand or wrist and 40% involving the shoulder or elbow.

The crimp position is a vital tool for nearly all climbers however this technique applies a significant amount of force on the pulleys in our hand that keeps our finger flexors tethered to the bones. If your hand is hurting, it may be one of the three finger injuries that climbers frequently experience- A2 pulley strain, a flexor tendon tear or a collateral ligament strain.

We'll get you back to safely
sending your projects!



Convenient Location

The George Washington University Hospital's
Outpatient Rehabilitation Center
is located at

2131 K Street, NW
Washington, DC 20037

We are accessible from the Blue, Orange and Silver Metro Lines, as well as other public transportation services.

Physicians are independent practitioners who are not employees or agents of the George Washington University Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 184444-6765 3/19

TLDR: Do something stupid on the campus wall and now your hand hurts?

To schedule an evaluation or get more information, contact (202) 375-7589 or OutpatientRehab@gwu-hospital.com