

Our Certified Hand Therapists



Marc T. Bartholdi OTR, CHT is a registered occupational therapist with an advanced certification in hand therapy with over ten years of clinical experience. He joined OADC in 2003 to develop and manage the hand therapy program. In 1998, Marc became the youngest therapist to complete the hand therapy fellowship at the Texas Medical Center in Houston, TX, the largest medical center in the world. Afterwards, he returned to Houston and became a clinical instructor for the hand therapy fellowship program and managed a hand therapy clinic which rendered services to many college and professional athletes. Marc is currently the only fellowship trained occupational/certified hand therapist in Dutchess County and you will meet him in our Poughkeepsie office.



Heather Kelly OTR, CHT is a registered occupational therapist and a certified hand therapist with over 20 years of clinical experience. She began her career as an active duty service member in the Army Medical Specialists Corps. After leaving the service, she decided to specialize in hand therapy. "I love helping a person transform their injured hand into a functional part of their body- and I love watching the transformation that occurs in a person's affect as that arm recovers." You can receive hand therapy from Heather at our Fishkill location.



Carol Dollard OTR, CHT is a registered occupational therapist and a certified hand therapist with over sixteen years of clinical experience. She is originally from Pennsylvania and earned her occupational therapy degree from the University of Pittsburgh. In 1996, Carol became a certified hand therapist and began to focus her treatment on outpatient upper extremity rehabilitation in Delaware and Maryland. She joined OADC's hand therapy team in 2004 and is located in our Fishkill office.



Hand Therapy Center 3 Convenient Locations



Poughkeepsie Office

One Webster Ave, Suite 400
Poughkeepsie, New York 12601
845-454-8377
Fax: 845-454-0707



Fishkill Office

400 Westage Business Center Dr
Fishkill, New York 12524
845-897-0170
Fax: 845-897-0172



Coming Soon
Rhinebeck Office
6511 Springbrook Ave
Rhinebeck, New York 12572
845-876-7707
Fax: 845-876-2439

Hand Therapy Center




**Orthopedic
Associates**
OF DUTCHESS COUNTY

The Hand Therapy Center

What is Hand Therapy?

Hand therapy is the discipline that addresses injuries and conditions of the hand, wrist, elbow, and shoulder.

Certified hand therapists are either occupational or physical therapists who have specialized training in treating upper extremity conditions through advanced study.

Our hand therapists work closely with physicians and clients to provide a continuum of care. Treatment often begins within days of the injury or surgery and continues until the client has returned to work and/or a productive lifestyle.

Conditions Treated

Hand therapists are specialized in treating upper extremity conditions including:

- Traumatic injuries
- Fractures and dislocations
- Sports injuries
- Tennis elbow and other types of tendonitis
- Carpal tunnel, cubital tunnel, thoracic outlet syndrome, and other nerve entrapment disorders
- Repetitive motion syndromes
- Amputations
- Burns and frostbite
- Arthritis
- Tendon and nerve injuries
- Dupuytren's contracture
- Complex regional pain syndrome / RSD



Evaluation and Treatment

Following a thorough evaluation, an individualized treatment plan will be developed for each client and may include:

- Wound care
- Range of motion and strengthening exercises
- Control of swelling
- Moist heat and cold therapy
- Neuromuscular re-education
- Ultrasound, iontophoresis, and electrical stimulation
- Scar and soft tissue massage
- Desensitization and sensory re-education
- Customized splint fabrication
- Joint protection principles
- Therapeutic activities
- Home exercise programs



Our Clinics

- Extended Hours for patient scheduling convenience
- Same day scheduling available for emergency cases
- Post-operative appointments within scheduled 48 hours
- A certified hand therapist available at each location
- Our therapists are required to attend continuing education classes yearly
- 3 convenient locations throughout Dutchess County

Insurances

MVP	No Fault
Blue Cross Blue Shield	Workers Comp.
United Health Care	Medicare
Hudson Health	Aetna
Health Quest	GHI (HMO/PPO)
Pomco	Local 464
Fidelis	Local 1199
National Health Administration	Out Of Network Benefit Plans
CDPHP	

Insurance plans change, so please call ahead to make sure your plan is accepted.

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Visit us on the web at:

www.orthoadc.com