



# S★T★A★R

## PHYSICAL THERAPY

[WWW.STARPT.COM](http://WWW.STARPT.COM)

### EAST NASHVILLE

3610 Gallatin Pike  
Nashville, TN 37216  
615-227-3431



## CERTIFIED HAND THERAPY (CHT)

### PROVIDING EXPERT CARE IN THE UPPER EXTREMITY:

Hand therapy is the art and science of rehabilitation of the upper limb, which includes the hand, wrist, elbow and shoulder girdle. It is a merging of occupational and physical therapy theory and practice that combines comprehensive knowledge of the structure of the upper limb with function and activity. Using specialized skills in assessment, planning and treatment, hand therapists provide therapeutic interventions to prevent dysfunction, restore function and/or reverse the progression of pathology of the upper limb in order to enhance an individual's ability to execute tasks and to participate fully in life situations. (Hand Therapy Certification Commission)

### COMMON DIAGNOSES TREATED BY OUR CHT INCLUDE:

- Non-Operative & Post-Operative management of upper extremity conditions
- Fracture management
- Tendon and Nerve injury/repair
- Overuse injuries - elbow epicondylosis, trigger finger, DeQuervain's, carpal & cubital tunnel syndrome
- Soft tissue trauma - sprains, strains
- Mallet finger & Boutonniere injuries
- Arthritic conditions (Osteoarthritis & Rheumatoid Arthritis)
- Complex Regional Pain Syndrome (CRPS)
- Sports trauma
- Musician injuries

### HAND THERAPY SERVICES INCLUDE:

- Comprehensive assessment
- Individualized intervention plan
- Custom thermoplastic orthoses/splints
- Ergonomic assessments
- Kinesiotaping
- Manual therapy techniques
- Modalities
- Wound & scar management
- Therapeutic exercises/activities
- Patient education
- Comprehensive home program

Noelle M. Austin, MS, PT, CHT, Certified Hand Therapist

# STAR

## PHYSICAL THERAPY

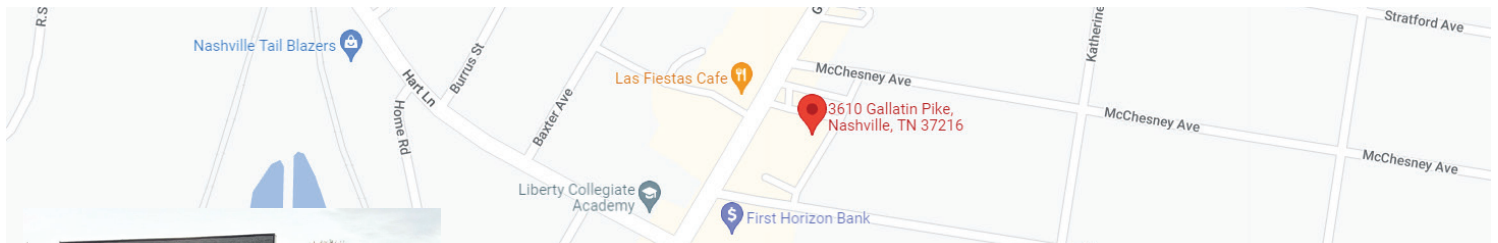
### PROVIDING CERTIFIED HAND THERAPY!



**Noelle M. Austin, MS, PT, CHT** is a graduate of Quinnipiac University (Hamden CT) with a Bachelor of Science in Physical Therapy; she later obtained her Master of Science from the University of Connecticut with a special focus on Allied Health Education. Noelle has been a CHT (Certified Hand Therapist) since 1996 and has been practicing in Hand Therapy for over 30 years. The majority of her career was spent working at various hand surgeon offices providing exceptional therapy services including custom orthotic fabrication, post-operative care and conservative management for a multitude of hand and upper extremity diagnoses. She has received additional training in the following specialized interventions: custom orthotic fabrication, performing arts medicine, PNE (Pain Neuroscience Education), ergonomics, IASTYM (Instrument Aided Soft Tissue Manipulation), Kinesiology Taping, manual therapy techniques, and Dry Needling. In addition to working clinically, Noelle has been teaching the art and science of orthotic fabrication for over 25 years; she previously owned a continuing education business and conducted conferences both nationally and internationally. She is co-author of the book: Orthotic Intervention for the Hand and Upper Extremity: Splinting Principles and Process published by Wolters Klower (3rd ed 2021). She has had the unique opportunity to write chapters in several physical therapy textbooks and guest lecture to students in various physical therapy programs on the topic of upper extremity anatomy/kinesiology, examination/ intervention and orthotic fabrication. Most recently she has been teaching in the Physical Therapy program at Belmont University on the art and science of hand therapy. Since moving to Nashville, Noelle has decided to blend her love for music and upper extremity rehabilitation by helping to create a comprehensive musician rehabilitation program specific to meet the needs of this unique population. STAR also utilizes Noelle's expertise in hand therapy and continuing education to mentor STAR therapists (OTs and PTs) who have an interest in obtaining their CHT credential.

### OUR CERTIFIED HAND THERAPIST PROVIDES: (American Society of Hand Therapists)

- Accurate assessments, immediate care and effective treatment to reduce treatment time
- A continuum of care eliminating the need for multiple medical providers
- Faster recovery results in decreased medical costs
- Functional outcomes ensuring a faster return to work and productive lifestyle
- The most comprehensive care for their patients



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YOUR HEALTH. OUR HANDS. CHOOSE STAR.

