

**Now available at Hollyburn Physiotherapy Clinic  
604 926 6868**

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## **Certified Hand Therapist – Winnie Sin**

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Winnie Sin, CHT, Registered Occupational Therapist

Hollyburn Physiotherapy Clinic is now offering services in hand therapy. Winnie Sin specializes in rehabilitating patients with conditions affecting the hands and upper extremity.

### **What is a Certified Hand Therapist?**

Winnie Sin is an Occupational Therapist and has completed her advanced certification in hand therapy. She has worked with various traumatic, surgical, activity related and other hand injuries for the past 14 years in the Hand Unit at the Workers Compensation Board Rehabilitation Centre. Winnie has gained expertise working closely with the specialists in the Hand Clinic at Vancouver General Hospital.

### **How can a Certified Hand Therapist help with my injury?**

As a qualified hand therapist, Winnie will evaluate and identify any musculoskeletal problem relative to the upper extremities. She can effectively treat and rehabilitate patients requiring postoperative treatment, return to work protocols as well as industry consultation. In addition to manual treatment techniques and the use of modalities, Winnie is also able to provide your patients with custom splints. These special services include quality leather working splints, cosmetic prostheses assessment and referrals as well as pressure garment measurement and fitting. Most of these custom splints are covered with a doctor's referral under extended health plans.

### **What kind of injuries should be treated by a Certified Hand Therapist?**

- Carpal Tunnel Syndrome
- Tendinitis/Tendinosis
- Osteoarthritis
- Rheumatoid Arthritis
- Post-fracture rehabilitation
- Acute sprains and strains
- De Quervain's
- Trigger Finger
- Hypersensitivity
- Fingertip injuries
- Pressure scar management
- Post tendon or nerve repair
- Volar plate injuries
- Mallet finger

Please contact Hollyburn Physiotherapy Clinic (604-926-6868) to make an appointment with Winnie Sin or to speak to her directly regarding Hand Therapy.

Hollyburn Physiotherapy Clinic  
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