

Achieving daily life goals

The University of Queensland Upper Limb Hypertonicity Clinic is committed to providing specialist, dedicated care to children and adults to promote their arm and hand function and achieve their related daily life goals.

As the only specialist clinic of this type in the greater Brisbane area, we offer our clients expert assessment and ongoing treatment.



Convenient Location

Clinic Reception is located on level 1
Therapies Building (Building 84A)
School of Health and Rehabilitation Sciences
The University of Queensland
Services Road, St Lucia 4072

Clinic hours

Clinic hours: Monday to Friday 8am – 5pm

Reception hours: Monday to Friday 8am – 6pm

- **Expertise like no other** – the Upper Limb Hypertonicity Clinic is led by one of Australia's leading occupational therapists specialising in this field, who is also regarded as a leading educator in upper limb hypertonicity both nationally and internationally
- **Personalised service** – the Upper Limb Hypertonicity Clinic offers specialist, individualised care targeted to the specific needs of each client
- **Making a difference to future occupational therapists** – clients can feel assured their interactions provide valuable learning experience for students at UQ, one of Australia's leading universities, as well as other qualified occupational therapists seeking specialist training
- **100% commitment** – all client interaction is under the supervision of senior clinicians who are registered occupational therapists. Our team commit to providing clients with 100 per cent attention
- **Clinic fees** – clients are charged a fee for custom made splints and casts and clinic consultations. Some services and clients may be eligible for health fund rebates. For current fee schedules and payment please contact 3365 2232
- **No referral required**
- **FREE parking and disabled access.** Free parking can be arranged when you contact us on 3365 2232.

Phone: 07 3365 2232

Email: healthclinics@uq.edu.au

Web: www.uq.edu.au/healthclinics

HSF135 CRICOS PROVIDER NUMBER 00025B



Enhancing arm and hand function

UQ Health &
Rehabilitation
CLINICS

Upper Limb Hypertonicity Clinic

Enable | Enhance | Excel

What is the Upper Limb Hypertonicity Clinic?

The University of Queensland Upper Limb Hypertonicity Clinic provides an integrated, holistic service for children and adults with increased tone (tightness) in their arms and hands due to neurological conditions such as cerebral palsy, brain injury or stroke. Led by one of Australia's leading occupational therapists specialising in upper limb hypertonicity, the Clinic is staffed by occupational therapists with highly developed expertise in neurology and hypertonicity management.

The first in Queensland to offer upper limb hypertonicity treatment for both adults and children, the Clinic has been in operation for over 15 years. Our focus is to promote quality of life and achieve daily life goals for clients in a supportive, confidential environment.

Fast facts:

- Serial casting is a procedure that helps children and adults improve their range of motion so they can perform daily activities with less difficulty.
- Splints can be used to stretch muscles (resting splints) or to position the arm and hand so it is easier to use (functional splints).
- Botox® (Botulinum toxin) injections can be used to relax muscles. It is useful to have focused therapy after these injections to optimise movement control.



Do you know someone who/you experience the following due to a neurological condition?

- Tightness in the muscles of the arms and hands
- Positioning of the arms and hands that makes daily tasks difficult or is uncomfortable
- Difficulty using the arms and hands for reaching, grasping and manipulating items.

From our clients

What our clients say about the Upper Limb Hypertonicity Clinic

Lovely students & staff – very helpful.

Everyone is always helpful and they all know what they are doing and are professional.

The team was fantastic and the students were very helpful, friendly, punctual and we saw results for the sessions.

The Clinic was different to external clinics as they did all the casting and splints on site, gave explanations and did exercises.

We will definitely recommend the clinic to others.

What we offer:

The Upper Limb Hypertonicity Clinic offers in-depth assessment and analysis that is individualised to each client. Our treatment is evidence-based and 'hands-on' and our goals are client-driven.

Our treatment techniques may include a combination of:

- Assessment of arm and hand function and related daily life goals
- Movement and strength training
- Therapy and home programs
- Resting and functional splints to manage spasticity (muscle tightness) and optimise movement control
- Plaster casting to reduce contractures (muscle shortening) and reposition the arm and hand for comfort and function
- Pre-assessment and follow-up for Botox injections
- Pre-assessment and follow-up for surgical intervention
- Consultancy to other therapists regarding their clients with upper limb hypertonicity.

Who should attend?

Our Clinic provides specialist services to clients of any age who are experiencing increased tightness in their arms and hands due to a neurological condition that interferes with their daily function, comfort or participation in activities.

To arrange a consultation, simply contact us on **3365 2232**, email **healthclinics@uq.edu.au** or visit **www.uq.edu.au/healthclinics**

