What to expect at the UQ Upper Limb Hypertonicity Clinic

What happens at the UQ Health & Rehabilitation Upper Limb Hypertonicity Clinic?
Our qualified staff and students will undertake a full assessment of your arm and hand, and find out more information about your day-to-day activities and goals. We will then work with you to determine a treatment and rehabilitation plan that will help you achieve these goals and boost your arm and hand function or comfort during daily activities.

What can I expect when I arrive at the clinic?
When you arrive at the Clinic, our Occupational Therapists and Occupational Therapy students will speak to you to learn more about your situation. They will then complete an assessment of your arm which may include measuring your range of motion and the tightness in your arm. They will also examine the way you move and use your arm during daily tasks.

What can be done to help my arm and hand?
Some of the options we offer to help your arm and hand include movement and strength training, splints, plaster casting or referral to, as well as follow-up from, Botulinum toxin injection or surgery.

What are splints and what can they be used for?
Splints are usually custom made for you from a type of plastic material and can help position your hand and arm. Resting splints stretch out and relax tight muscles, while functional splints hold your arm and hand in a better position for reaching and grasping.

What can plaster casting do for my arm?
Casting is used to relax and lengthen tight muscles so that your arm and hand can be positioned more comfortably at rest or positioned so that you can use it more easily during activities.

For more information and registrations, contact the UQ Health & Rehabilitation Clinics on 3365 2232 or email healthclinics@uq.edu.au