

Peninsula Hand Therapy

HAND INJURIES IN THE MUSICIAN



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Hand Therapist

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No referral required

Claimable on private
health insurance

Peninsula Hand Therapy has specialist knowledge in hand and upper limb injuries.

Musicians demand extraordinary function of their hands. Rehabilitation following trauma, overuse, or degenerative injuries need to be specific to instrument demands. PHT can provide specific treatment and rehabilitation programs that include:

- Early return to modified playing
- Instrument specific exercises
- Sensory re-education
- Improving musical fitness with a focus on proximal control and stability
- Instrument adaptation/modification
- Education regarding good body posture and positioning whilst playing and instrument set up
- Splinting