

Hands On Hands Rehab Center, Inc. is a privately owned comprehensive upper extremity outpatient center established in 1981. We are conveniently located in

***Costa Mesa Huntington Beach
Laguna Hills and Los Alamitos***

Providing the most outstanding quality of care for those in the following areas:

Costa Mesa

Newport Beach, Newport Coast, Irvine, Santa Ana, Orange, Tustin

Huntington Beach

Fountain Valley, Westminster, Garden Grove, Stanton Brea, Anaheim

Laguna Hills

Lake Forest, Mission Viejo, Aliso Viejo, Laguna Niguel, Dana Point, San Clemente and Laguna Beach

Los Alamitos

Rossmore, Hawaiian Gardens, Cypress, La Palma, Cerritos, Artesia, Stanton, Seal Beach, Westminster, Lakewood, Signal Hill, Bellflower, Buena Park, Norwalk, Long Beach,



Locations

Costa Mesa

1700 Adams Ave. Suite 103
Costa Mesa, CA 92626
714-556-2288
FAX: 714-435-1745

Huntington Beach

16152 Beach Blvd. Suite 140
Huntington Beach, CA 92647
714-842-6202
FAX: 714-842-6762

Laguna Hills

24422 Avenida De La Carlota Suite 320
Laguna Hills, CA 92653
949-470-0021
FAX: 949-446-8766

Los Alamitos

4772 Katella Ave. Suite 100
Los Alamitos, CA 90720
562-430-8700
FAX: 562-430-8760



**Hands
On**

**Hands
Rehab**

Center, Inc.

“Comprehensive Upper
Extremity Therapy”

1981 40 Years In Business 2021

www.hands-on-hands-rehab.com

handsonhands@gmail.com

We have a specialized staff of

CHT's Certified Hand Therapists

MPT Physical Therapist

*OTR/L's Registered Occupational
Therapist/Licensed*

*COTA's Certified Occupational Therapy
Assistants*

We offer an *Arthritis Program*
providing information on joint
projection, adaptive equipment, custom
splinting and pain management.

Hands On Hands Rehab Center

has a full range of exercises and
strengthening equipment and therapeutic
activities to promote range of motion,
coordination, sensory re-education and
ADL independence. Our Centers are
fully equipped to treat:

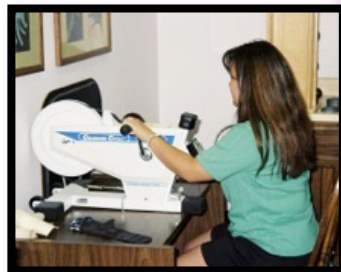
*Shoulders
Elbows
Wrists
Hands*

Our Centers are equipped to provide
computer station analysis Work
Simulation and training in
Ergonomics.



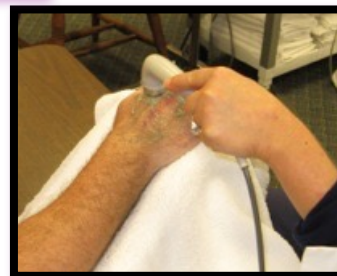
We are extensively trained in the treatment
of all upper extremity injuries.

We fabricate custom
splints both dynamic
and static for
protection, and to
increase function.



Our upper extremity
bike is used as a warm
up exercise and to
increase ROM and
strength.

Our therapists are
proficient in the use of all
modalities to enhance
healing, wound care, and
pain control.



All of our clinics are
spacious allowing us to
accommodate our large
referral base and provide
a comfortable treatment
environment



*Our Goal is to assist our patients in
returning to their previous level of
function.*

*We pride ourselves in our "hands on"
approach and the personal attention we
provide each individual, to improve their
ROM, Strength, Coordination, Dexterity
and the Functional use of their Upper
Extremity.*

*We emphasize to all of our patients the
importance of their compliance in their
home exercise program and attendance in
therapy.*

*Our open treatment area allows our
patients to encourage one another on
their progress and provides a positive
and upbeat atmosphere that is very
conductive to the healing process.*