

# Introduction to Hand

## Physical Therapy in Canton for Hand

Welcome to BodyFit Physical Therapy's patient resource about hand problems.



Can you imagine not being able to use your hands? Can you imagine suffering an injury that leaves you with a decreased ability to take care of yourself and perform everyday tasks? This is the position you will be left in if you don't take care of your hands. When you injure one or both of your hands, you not only will be left out of your favorite sport, you will be left out of life.

No one wants to depend on others for help in completing simple tasks like cooking food, driving a car, or opening a door. Therefore, this area of our site is designed to help you learn about and prevent a hand injury.

Whether you are an active athlete or like to sit on the sidelines, we want to make sure you stay safe and healthy and keep your hands protected from debilitating injuries that will bench the fun in your life.

**Click on a link below to learn more:**

[Hand Anatomy](#)

[Hand Issues](#)

[Hand Surgery](#)

Hear from some of our patients who we treated for **Hand Pain**

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someone who can address all the pain I was experiencing and not just one specific area. I... ”

“ Cindy is absolutely wonderful to work with. I am a huge advocate for physical therapy but I wanted to see someone who can address all the pain I was experiencing and not just one specific area. I like how I got 1:1 attention for a full hour. I noticed an improvement almost immediately. She's extremely personable and so smart. Sessions with her are worth every penny and I look forward to coming back whenever I need a little tune up. ”

Richelle W  
Canton, CT

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“ I have had such a great experience with Cindy. She is kind, easy to talk to and extremely knowledgeable in her field. She goes out of her way to do whatever she can to help you. I couldn't say... ”

“ I have had such a great experience with Cindy. She is kind, easy to talk to and extremely knowledgeable in her field. She goes out of her way to do whatever she can to help you. I couldn't say enough about her. I would recommend her to anyone. She is outstanding! ”

Carrie

Submitted on website directly

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“ I had been having trouble with my knees for over a year. I had to stop running altogether and was having trouble doing the WOD's at the gym. I had been to two surgeons, cortisone shots and physical therapy already and didn't know what else to do. Surgery wasn't an option and I wasn't ready to give up. I read an article about BodyFit and Cindy and decided to give it a try. I was hesitant at first because BodyFit is out of network for my insurance and I didn't know if it would be any different from what I already had done. It was definitely worth it! I signed up for a series of treatments and my knees started feeling better. The pain I experienced everyday and especially at night started to go away. I am working on adding more exercises that I never thought I would be able to do again. Cindy is very knowledgeable and really listens to you. She sets up a plan customized just for you. I never felt rushed and she never looked at the clock. She only takes one person at a time. Most importantly, she truly wants to help you and get you back to whatever it is you are trying to do. My knees are still a work in process but I feel I wouldn't have come this far without her help. ”

Kris K

Submitted on website directly

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