

## Implementing an Integrated Approach in Our Treatment

We Provide Hand Therapy, Certified Hand Therapy, Occupational Therapy, Physical Therapy

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**!** "EXPERIENCE A PAIN-FREE LIFE."  
Let Garden State Hand Therapy Rekindle the Life You Cherish.

[Contact Us](#)

### About Us

## Garden State Hand Therapy

Dr. Arpita Dharia received her bachelor's degree from India and has been practicing occupational therapist for more than 19 years. Dr. Arpita Dharia obtained her Doctorate in Occupational Therapy from Rocky Mountain University of Health Professionals and has the distinguished honour of holding the title of a Certified Hand Therapist (CHT).

She has specialized in hand therapy including Occupational health and workers compensation injuries and a trained functional capacity evaluation specialist (FCE). She has clinical expertise in treating all upper extremity diagnosis including both conservative and post operative rehabilitation, Arthritis, trauma care, tendon and nerve injuries, wound care and custom orthotic and prosthetic fabrication. She uses evidence-based practice and is also physical agent modalities (PAM) certified. Her treatment strategies include close communication with the referring MD, manual techniques, kinesio-taping, orthotic and prosthetic training, and patient education.



Now offering video visits!

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See available times and book an appointment right here.  
It's free, fast and secure.

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## CERTIFIED HAND THERAPIST (CHT)



A "Certified Hand Therapist" (CHT) can be either a "Physical Therapist (PT-DPT)" or an "Occupational Therapist (OT/OTR)" who has accrued a minimum of 4,000 hours of hands-on experience in the treatment of hand injuries and impairments. Furthermore, they must be licensed as Physical or Occupational Therapists and have a minimum of 5 years of practice within the United States.

Once these rigorous prerequisites are met, the therapist must undergo a Board Examination administered by the HTCC Board. Successfully passing this examination certifies them as a Certified Hand Therapist, enabling them to offer specialized Hand Therapy services to patients with hand trauma or injuries.

[Call us/ ask a question with our email >](#)

## Highly Specialized Collaboration with Your Hand Surgeon

Our expert Certified Hand Therapists excel in crafting creative static and dynamic splints-orthoses to restore and maintain hand function and range of motion. They are adept at making informed treatment decisions and maintain close communication with referring physicians and surgeons to ensure the best course of intervention. This collaborative approach is essential for devising and executing successful treatment plans.

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## Our Patients




**X**

See available times and book an appointment right here.  
It's free, fast and secure.

"Garden State Hand Therapy has been a lifeline for my recovery. Their caring staff and specialized treatments transformed my hand injury into a success story. I can't thank

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them enough!"

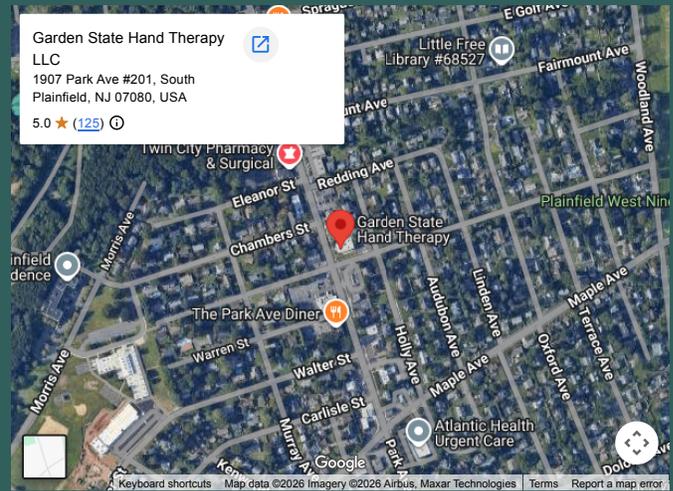
John P.

# Book an appointment

Book Now

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gshandtherapy@gmail.com

1907 Park Ave Suite 201 South Plainfield NJ 07080



We are a team of exceptionally skilled hand therapists who approach each patient with a high level of personalization.

+ 908 205 8246

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## How We Treat >

- Therapeutic Exercise
- Modalities
- Manual Therapy
- Kinesio Taping
- Fall Prevention
- Ergonomic Training
- Ergonomic Evaluations
- Neuromuscular Reeducation

## Contacts >

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