



# Upper Limb Clinic

## Introduction

**This is a clinic run by a team of specialist Occupational Therapists who are able to provide a full upper limb assessment service, to promote function and independence.**

Upper Limb problems can arise for a variety of reasons, they might be due to:

- Neurological conditions such as Cerebral Palsy, or Acquired Brain Injury resulting in altered muscle tone (spasticity) and/or movement disorders (ataxia, dystonia).
- Muscle weakness in degenerative conditions such as Muscular Dystrophy.
- Motor planning problems, where individuals find it hard to plan and organise what they want to do.
- Joint instability and pain from conditions such as Juvenile Arthritis.

The ability to effectively use the upper limb for fine motor skills can impact on all aspects of an individual's life including: participation in play, educational activities and the ability to participate in daily living activities such as eating and drinking and dressing.

## About the clinic

### Who can attend this clinic?

Children and young adults under the age of 19 (at time of referral). For Adults over the age of 19 funding will need to be agreed.

### Why choose to come to an Upper Limb Clinic?

- Your local team may require additional specialist advice to meet your needs.
- You will have the opportunity to be taken through a comprehensive upper limb evaluation.
- We're able to offer the following assessments:
  - Fine motor skills including range of motion and strength of small muscle groups, grasp patterns and in-hand manipulations.
  - Postural assessment in sitting to ensure sufficient support is provided to optimise upper limb functional potential.
  - Handwriting skills as appropriate.
  - Analysis and observation of self-care and play skills.

### Who can refer me to the clinic?

Your GP, Paediatrician, Occupational Therapist, Physiotherapist or other health professional.

### How often are the clinics?

There is a clinic held every month.

## About the appointment

### How long is the appointment?

The appointment will last for approximately 1 ½ hours. If a follow up appointment is required for further assessment or fitting of a splint, the appointment usually lasts 45 minutes to 1 hour.

### Who will I meet?

One or more of the specialist OT team.

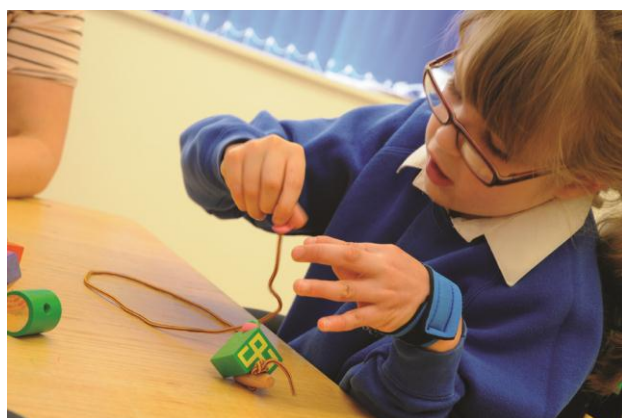
A member of your local team will be invited to attend so that any recommendations made can be discussed and together we can ensure that you can be supported in achieving best outcomes.

### Where will the appointment be?

In the OT Consulting Room at Chailey Clinical Services. When you arrive our receptionist will show you where to wait for your appointment.

### What do I need to bring to the clinic?

Any recent and relevant reports would be useful if you have them to hand. We'll also need details of any special chairs, splints or adapted equipment you use. If you already use splints it would be useful to bring these with you.



## Upper Limb Clinic

### What will happen during the appointment?

The clinic starts with introductions and the opportunity to talk about any concerns you may have regarding your upper limb function. You may find it helpful to come with a list of questions or concerns for us to consider.

With your agreement we may also take photos of you for our records. These photos are kept in the clinical notes and used for reference only.

Do feel free to ask any questions you have throughout the assessment.

At the end of the assessment we'll discuss with you our findings and recommendations.

These may include:

- A home activity programme
- A splinting regime – either to enhance functional use of the hand / arm or to provide a continuous stretch to muscles to reduce the risk of contracture and optimise skin hygiene.
- Occupational Therapy treatment plan to address specific identified difficulties.

### What will happen after the clinic?

After the clinic a report will be sent to you, your referrer, paediatrician, GP, and any others in your team who you would like to receive a copy.

The report will make recommendations and a clear pathway indicating how we work alongside local services is attached.

### Who will fund any equipment recommended?

Simple splints will be provided by Chailey Clinical Services in the first instance.

Funding for any other intervention will be discussed with you and your local team during the assessment.

## Upper Limb Assessment Pathway

1. An assessment date will be agreed with you and your referrer.
2. You and a member of your local team will be invited to attend the assessment.
3. Following the assessment a report with recommendations will be sent to you and your local team. After this one of two things may happen.
  - i. Splint fitting – you and your local therapist are expected to attend. The splint regime is discussed and handed over to family and local therapist.
  - ii. Occasionally, bespoke splint recommended and follow-up appointment at CCS required for fitting. Local therapist to attend. Splint regime discussed and handed over to family and local therapist.
4. You will then be discharged back to your local team.
5. We recommend that outcomes are measured by your local team at 3 and 6 months. They can contact CCS for support by telephone if required.
6. Re-referral is needed for further intervention.

## We're here to help

We're always happy to answer any queries that you may have.

If you have any queries at all, please contact the Clinic secretary:

 **Phone:**  
01825 724701

 **Fax:**  
01825 724719

 **Email:** [sc-tr.enquirieschcs@nhs.net](mailto:sc-tr.enquirieschcs@nhs.net)

**Or visit our website:**  
[www.sussexcommunity.nhs.uk/chailey](http://www.sussexcommunity.nhs.uk/chailey)