

“Our Personal Touch”

## UPPER EXTREMITY & HAND THERAPY, INC

Conveniently located in the  
Lanham Professional Office Park

9500 Annapolis Road, Suite A-4  
Lanham, MD 20707  
(At the intersection of Route  
450/Annapolis Road and Seabrook Road)

## About Us

Kimberly Williams is a national board registered Occupational Therapist in the Washington DC, metropolitan area. Ms. Williams began her higher education by earning a Bachelor of Science with a concentration in Biology at University of Maryland, Eastern shore. She went on to continue her education at Howard University, where she earned her Master of Science in Occupation Therapy.

Kimberly's clinical experience includes a variety of settings including outpatient therapy with a specialty in hand therapy and mental health, and inpatient rehabilitation services in both skilled nursing and acute rehabilitation settings. She has also worked abroad in San Jose, Costa Rica with persons in an inpatient treatment facility with serious mental illness and at a hospital specializing in burn rehabilitation.

*“Our hands-on approach to therapy and customer care is presented with a personal touch.”*

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[Victoria.Better@ueHandTherapy.com](mailto:Victoria.Better@ueHandTherapy.com)

**Website:**  
UEHandTherapy.com

### Therapist on-site:

Victoria Better, OTR/L, CLT, NDT, CEAS, CFCE, CPAM  
Tigisti Abraha, MS, OTR/L, CPAM, CART  
Kimberly Williams MS, OTR/L, CPAM

### Insurances

We accept most major medical insurance plans including Medicare, CareFirst Blue Cross Blue Shield, Aetna, Cigna, and some United Healthcare plans. We also accept Automobile, Personal Injury Protection (PIP), Workers Compensation, Legal Cases and more

## UPPER EXTREMITY & HAND THERAPY, INC.

## NEUROLOGICAL REHABILITATION

“Specialized Therapeutic Services for the Hand & Upper Extremity”



*“Restoring maximal Functional Capacity with a personal touch.”*

Our highly skilled registered and licensed Occupational Therapists are highly trained in the evaluation and treatment of a wide array of neurological and orthopedic injuries of the upper extremity. We provide specialized care to patients during the rehabilitation process with specialized certification in Neurological Development Treatment (NDT), Ergonomic Assessments (CEAS), Functional Capacity Evaluation (CFCE), and Physical Agent Modalities.

## Neurological Rehabilitation

Recovering from a stroke or other neurological injury is an ongoing process, and rehabilitation plays a very important role for many injury survivors and their families. Upper Extremity & Hand Therapy's caring staff strives to provide exceptional neurological rehabilitation services to help patients and families return to full, dynamic lives.

Our neurological rehabilitation program offers an intensive individualized approach to help each patient regain function and return to their productive lives in the community. With our eclectic rehabilitation approach we work hard to utilize proven evidence based techniques to overcome various functional limitations.

Our team develops treatment plans and establish personalized goals focused on improving

cognitive skills, building strength and endurance, improving quality of motion, and management of health care needs.

We work with each individual and their physician to enhance mobility and self-care skill to achieve maximum function.



Based on individual goals, our patients receive therapy services in a caring environment to continuously support recovery with a personal touch.



- ◆ Activity of Daily Living Re-training
- ◆ Coordination Training
- ◆ Function mobility Re-training
- ◆ Electrical Stimulation/NMES
- ◆ Home Exercise Programs
- ◆ Sensory Re-training
- ◆ Adaptive Equipment Recommendation/Training
- ◆ Neuro-muscular Re-education
- ◆ Therapeutic Exercise
- ◆ Strengthening
- ◆ Range of Motion
- ◆ Patient and Family Education
- ◆ Custom Orthotic Fabrication