

## **Hand Therapy**

BostonChildrens.org/Hand | 617-355-6021

## What is a Certified Hand Therapist?

A Certified Hand Therapist (CHT) is an occupational therapist (OT) or physical therapist (PT) who specializes in treating the arm and hand. All CHTs have at least three years of experience and have passed an exam on treating problems in the arm and hand. While there are over 200,000 PTs in the United States, there are only about 6,000 CHTs, so they can be harder to find!

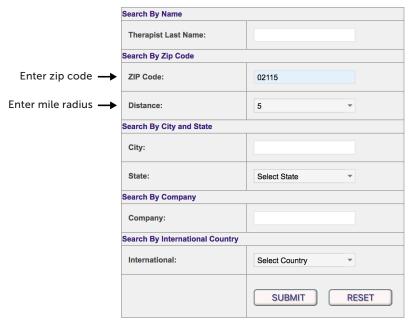
## How to Find a Hand Therapist Near You

1.) Visit the Hand Therapy Certification Commission

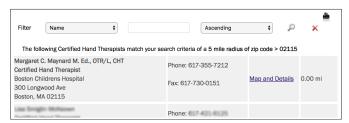


Visit the website: https://www.htcc.org/find-a-cht

## 2.) Enter your information into the search fields



3.) Select a Certified Hand Therapist from your personalized search results



You may call the office of your choice for an appointment. As insurance requirements vary, please check with your CHT and/or your insurance company whether your visits will be covered. Bring your paper OT prescription to your first visit.

If you are unable to find a suitable therapist or have any further questions, please contact the Boston Children's Hospital Department of Occupational Therapy at (617) 355-7212.

Produced by the Hand and Orthopedic Upper Extremity Program at Boston Children's Hospital. For more information or to request an appointment visit **BostonChildrens.org/Hand**. This Family Education Sheet is available in Spanish.

