

Upper Extremity Specialists

Hand • Wrist • Elbow • Shoulder



Why choose Hillcrest Physical Therapy?

- Hillcrest offers **Sarpy County's only full-time CHT** with more than 20 years of experience in upper extremity therapy
- Specialized in treating orthopedic conditions of the entire upper extremity—**hand, wrist, elbow and shoulder**

CHTs complete 4,000 hours of clinical experience within a five-year period working with orthopedic conditions of the upper extremity, demonstrating extensive knowledge of the rehabilitation processes of the arm, wrist, elbow and shoulder, and passing an extensive exam. CHTs are required to recertify every five years.

Individualized therapy services include:

- Nerve Gliding Exercises
- Manual Therapy
- Carpal Bone Mobilization
- Ultrasound
- Custom Splint Fabrication
- SaeboFlex Arm Training

Common Diagnoses Treated:

- Arthritis
- Fractures
- Joint Sprains/Tears
- Carpal Tunnel Syndrome
- Nerve Impingements
- Tendonitis
- Trauma or Injury



Kathy Ramaekers, OTR/L, CHT

With more than 20 years' experience in occupational therapy in both the outpatient and inpatient rehab setting, Kathy has been a Certified Hand Therapist since 2008 and a Certified Lymphedema Specialist since 2005.

Kathy graduated from Creighton University in 1992 with a Bachelor of Science in occupational therapy.



Hillcrest Physical Therapy is located at 1804 Hillcrest Dr. in Bellevue, just behind Great Southern Bank at the corner of Harlan Dr. (Hwy 370) and Hillcrest Dr. From Hwy 75, take the exit for Hwy 370/Bellevue and travel east; turn left on Hillcrest Dr.

Outpatient Physical, Occupational & Speech Therapy

Certifications and Expertise

Aquatic Therapy
Hand Therapy
SaeboFlex Arm Training
Geriatric Therapy
Balance Therapy
Korebalance™ System
LSVT-BIG & LSVT-LOUD
VitalStim® Swallowing
Therapy

Women's Health
Osteoporosis Management
Back Pain/Spinal Rehab
Stroke/Neurological Rehab
Lymphedema Management
Total Joint
Rehab Sports Therapy
Massage Therapy

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