



In Good Hands with Atlantic Physical Therapy



David Capets has worked with his hands as an amateur woodworker for over 50 years and until September 2019, hadn't as much as nicked himself.

"I guess you could say I had an accident with a table saw," said David.

That accident resulted in David being medevacked to Curtis National Hand Center at MedStar Union Memorial Hospital in Baltimore for emergency surgery. Curtis National is home to the country's largest collection of hand surgeons.



David's surgeon, with the help of pins and wires, was able to save all four of David's fingers. The hard part was yet to come. David had to work with a certified hand therapist to strengthen his fingers and gain back mobility so he could use his hand again.

"It is important to get patients into therapy as soon as possible after a major surgery so they don't scar down," said Sally Hawkins, certified hand therapist and occupational therapist for Atlantic Physical Therapy. "They will have a better prognosis in the end. When David came in for his first appointment, I knew this was a big case. He still had wounds that we had to work around. But the important part was that he was coming in three times a week for therapy and was very compliant with our plan of action."

"I couldn't even get dressed in the morning. It was a big deal when I was able to wave again."

"Early on, with the magnitude of wounds I suffered, I couldn't do anything at all," added David. "I couldn't even get dressed in the morning. It was a big deal when I was able to wave again. That's how bad it was. I knew I was in good hands with Sally. The exercises and therapy weren't always easy but as a former military man I always said, pain is good, extreme pain is extremely good."



“I knew I was in the right place for my therapy. The people there are wonderful. They are very accommodating, and their scheduling is flawless.”

“I always work closely with the orthopedic surgeon to understand the severity of each case, added Sally. “For David, we knew we had our work cut out for us. We worked on range of motion, strengthening, and desensitizing the fingers. We started with gross motor and progressed to fine motor dexterity functions such as buttoning a shirt or picking up small objects, like marbles. I am proud to report that he can unlock a small lock with a key now. He has come a long way.”



“My wife had an accident awhile back and she went to Atlantic Physical Therapy and had a great experience,” said David. “She was impressed with Bobby, physical therapist and president of Atlantic Physical Therapy and the whole team. I knew I was in the right place for my therapy. The people there are wonderful. They are very accommodating, and their scheduling is flawless.”

David is back in his wood shop working. He says carving is tough so he’s not quite ready for that and hasn’t even as much as looked at the table saw again. He can tie his shoes, button his shirts and says cutting meat is still tough but he’s working at it.

