



## Aline Grond

Certified occupational therapist FH  
Cert. Hand therapist Switzerland  
Instructor of the Hentschel therapy method

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### Languages

DE,EN,FR

### Education

2012-2013 CAS Hand Therapy  
2004 Training as an instructor of the Hentschel therapy method  
1999-2002 Occupational therapy training, Zurich

### Work Experience

since 2020 Hand rehabilitation & occupational therapy Grond, Rapperswil-Jona  
2018-2020 Occupational therapy & hand rehabilitation, Rosenklinik Physiotherapy, Rapperswil-Jona  
2007-2018 Schulthess Clinic, Zurich  
2006-2007 Balgrist University Hospital, Zurich  
2003-2006 Olten Cantonal Hospital  
2002-2003 Practice for hand rehabilitation and neurology, Sevelen

### Competences

- Splint course: static and dynamic splints
- KlikStrip splint workshop
- Manual therapy I-III: Examination and treatment of the joints / muscles of the upper extremity, hand surgery module
- Manual lymphatic drainage / complex physical decongestive therapy
- Myofascial structures - dysfunctions and their treatment
- Myofascial release techniques
- Orthopaedic medicine - Cyriax: introduction and hand
- Boeger Therapy - The technique; global and localised adhesion release / scar therapy
- Boeger Therapy - The venous system and its importance in Boeger Therapy
- Scar care and scar removal
- Easytaping (dynamic taping)
- Mobilisation of the nervous system
- Dry needling therapy

- Somatosensory rehabilitation
- Electrotherapy: clinical applications - evidence based
- Spiral dynamics: using your hands correctly, understanding a spherical arch functionally
- Spiral dynamics: The darn ingenious thumb
- Pain course - Understanding pain
- CRPS - Update in diagnostics and therapy
- The post-traumatic process
- Quick & Easy - Flossing in hand therapy
- Deep oscillation basic course - modes of action and application
- Post-treatment of PIP arthroplasty - differences and parallels between silicone and CapFlex prostheses
- Three-week Bobath basic course
- Functional anatomy on specimens and models - Dissection course
- Applied physiology
- Evidence based therapy
- Reflective practice - understanding science
- Annual participation in the Hand Congress

## Memberships

Swiss Association of Occupational Therapists (EVS)

Swiss Society for Hand Rehabilitation (SGHR)

Quality circle

## Accreditation

[Rosenklinik Rapperswil](#)

## Specialties

[Occupational therapy](#)

## Contact

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