MEET THE OCCUPATIONAL THERAPY TEAM

Living with a disability is never easy. And returning to life after an illness or injury can be a struggle. Physical limitations, pain and required changes in daily routines are just some of the things that might make it hard for people to do the tasks they need — and want — to do. Occupational Therapy (OT) can help both children and adults address these challenges and lead a more fulfilling life, and our OT department has an excellent track record of doing both.

The goal of OT is to make it easier for someone to function in everyday life. Our therapists:

- Fabricate splints to protect a surgical repair or improve range of motion.
- Plan safe work tasks for returning to a job.
- Develop strategies for someone who has trouble managing their activities of daily living.
- Establish ways to conserve energy to improve range of motion, strength and endurance.
- Educate in protection and prevention of joint overuse.
- Initiate a plan for achieving personal and therapeutic goals.

Top 10 Treatment Diagnoses:

- Shoulder injuries
- Stroke
- Fractures
- Arthritis
- Carpal Tunnel Syndrome
- Tendonitis
- Neurological disorders
- Nerve injuries
- Tendon injuries
- Post surgical management of hand/upper extremity injuries

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