WHAT IS AN OCCUPATIONAL THERAPIST (O.T.)?

An O.T. is a trained medical professional who evaluates and treats people of all ages who have difficulty with activities (or occupations) relevant to their daily lives. They determine deficits/barriers to independence and develop programs that help restore function.

WHAT IS AN OCCUPATION?

Any activity a person engages in including self care, leisure activities, home making tasks and work is characterized as an occupation.

CONDITIONS TREATED

- Stroke
- Dizziness/vertigo
- Bursitis/tendonitis
- Arm sprains & strains
- Cancer recovery/STAR Program
- Work injuries
- Low vision
- Joint pain/arthritis
- Shoulder injuries
- Carpal tunnel
- Cubital tunnel
- Mild cognitive impairment
IS OCCUPATIONAL THERAPY RIGHT FOR YOU?

Can you answer yes to any of these questions...

- Have you fallen in the last three months?
- Do you have pain or numbness in your hands or arms?
- Do you have difficulty gripping or pinching?
- Do you have decreased strength or an inability to raise your arms over your head?
- Are you unable to perform self care or home activities?
- Do you have difficulty seeing dials on your kitchen appliances or numbers on the telephone?
- Do you have blurred, hazy vision which makes it difficult to read or watch television?

If you answered yes to any of these questions, talk to your doctor today about a referral for Occupational Therapy!

SERVICES PROVIDED

- Customized treatment programs aimed at improving ability to carry out the activities of daily living
- Necessary adaptation for home and job environments
- Assessment and treatment of performance skills
- Adaptive equipment training and recommendations
- Guidance to family members and caregivers
- Pain assessment and management
- Evaluation of Activities of Daily Living (ADL) skills (bathing, dressing, grooming/hygiene, toileting, feeding/eating)
- Comprehensive evaluation of Instrumental Activities of Daily Living (IADL) skills (laundry/housekeeping, meal preparation, medication management, managing finances)
- Coordination, balance & safety assessment during functional activities
- Work simplification
- Splinting of upper extremities
- Energy conservation
- Joint protection
- Home exercise program prescription
- Visual & perceptual evaluation

CENTRA OCCUPATIONAL THERAPY

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