

Occupational Therapy

Our occupational therapists work with program patients to identify difficulties in performing daily occupations, and assist patients in developing methods to increase functioning in these areas. Our occupational therapists also provide detailed education to the patient on the topics of body mechanics, pacing, posture, and ergonomics. For example, body mechanics training teaches the individual how to use their bodies to move efficiently and safely during daily occupational tasks. Patients practice actual activities while being coached by occupational therapy staff. As part of the interdisciplinary functional restoration program, occupational therapy offers the individual an opportunity to apply the gains that they have made in other areas, such as increased strength and flexibility, to their daily life activities.