

What you should know about occupational therapy.



Focused care can help anyone return to function.

Most people think occupational therapy (OT) is about helping workers in various occupations. But OT is much more than that. Our occupational therapist helps all kinds of patients regain their basic motor functions and, when necessary, compensate for permanent loss of function in order to perform tasks necessary not just for work but for all the activities of daily living and general independence. OTs are also specially qualified to assess, treat and prevent dysfunction, restore function and reverse the progression of pathology.

Occupational therapy treats...

- *Soft-tissue injuries*
- *Joint problems & joint reconstruction*
- *Arthritis & inflammatory conditions*
- *Craniosacral & lymphatic conditions*
- *Amputations & replantations*
- *Burns, thermal injuries & grafts*
- *Nerve compression*
- *Disorders of the central & peripheral nervous systems*
- *Congenital problems*
- *Cumulative-trauma disorders*
- *Infections, scars & wounds*
- *Tendon injuries*
- *Fractures*
- *Low vision*
- *Nutrition*

Comprehensive OT care.

- *ADL skills*
- *Activity modification & adaptive devices*
- *Kinesiotaping & custom splint fabrication*
- *Desensitization*
- *Dominance retraining*
- *Edema control*
- *Electrical & thermal modalities*
- *Joint protection & mobilization*
- *Manual therapy*
- *Pain management*
- *Prosthetic training*
- *Scar mobilization*
- *Sensory reeducation*
- *Strengthening & therapeutic exercises*
- *Work conditioning/functional capacity evaluation*
- *Balance & vestibular training*
- *Home health therapy*
- *Nutrition counseling*
- *Personalized weight management programs*

We specialize in kinesiotaping, the art of supporting and stabilizing joints and muscles without interfering with circulation and range of motion.

We also spend considerable face-to-face time with each patient. Typical visits are 30 to 60 minutes, which allows us to focus more completely on helping the patient achieve better results.

For more information about the many ways OT can help you, please call Lemire Clinic today. We invite you or your primary-care physician to call



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