

What Can Occupational Therapy Do For You?

Commonly referred to as “OT,” Occupational Therapy is similar to Physical Therapy (PT) by type, but different in practice. Although both OT and PT help individuals recover the necessary skills and movement needed to restore their active lifestyles, OT specializes in hand and upper-extremity injuries. Some injuries typically treated by our occupational therapists are:

- Orthopedic/Neurological Conditions including:
 - Sports injuries
 - Fractures/dislocations
 - Arthritis
 - Burns
 - Congenital anomalies
 - Dupuytren’s contractures
 - Flexor and extensor tendon repairs
 - Nerve involvement/repairs
 - Reflex sympathetic dystrophy
 - Tendon transfers
 - Post surgical repair of UE
 - Amputations
 - Sprains and strains
- Repetitive motion injuries including:
 - Carpal tunnel syndrome
 - DeQuervain’s syndrome
 - Epicondylitis (tennis elbow/golfer’s elbow)
 - Trigger finger
 - Tendinitis/tenosynovitis

Every patient and the nature of their injury or condition is unique, therefore, therapy treatment plans vary for each patient. Our therapists structure the patient’s plan of care according to their specific needs, abilities, and directives given by their physician. Depending on the injury, our OT program



usually consists of different types of exercises and treatments that include, but are not limited to, the following active and passive treatments:

- Fine motor skill
- Range of motion
- Strengthening programs
- Desensitization and sensory re-education
- Hands-on (manual) therapy
- Modalities for pain control, sensation, and function
- Custom splint fabrication (static and dynamic)
- Edema (swelling) control
- Muscle re-education
- Work simulation exercises ▶

- Workplace modifications, adaptive equipment
- Daily living skills, joint protection techniques
- Wound care management
- Passive treatments such as heat, ultrasound, paraffin, and whirlpool to help alleviate pain and inflammation

In addition to therapy focusing on the upper extremity, the OT program at PT Northwest also concentrates on basic activities of daily living such as eating, driving, bathing, grooming, cleaning, dressing, cooking, and getting into and out of bed. These activities can become difficult following neurological and neuromuscular injuries or conditions such as a stroke, brain injury, spinal cord injury, or multiple sclerosis.

- **Home safety assessments** identify and reduce potential fall hazards, and improve independence at home by making recommendations and identifying equipment needed for daily living.
- **Wheelchair evaluations** (excluding Medicare) assess proper equipment for mobility including manual and power mobility.
- **Ergonomic assessments** recommend proper work station configurations, at home or the workplace, to prevent or reduce repetitive stress injuries.
- **Activities of Daily Living (ADL)** issues involving self-care can be addressed by an OT with recommendations and training in the use of adaptive equipment for improving independence with ADLs.

PT Northwest is the only independently owned out-patient facility in the Pacific Northwest to provide Occupational Therapy, Physical Therapy, and Speech Therapy. Occupational therapy is offered at 6 locations, including Stayton, South Salem, West Salem, Northeast Salem, Keizer, and Santiam Memorial Hospital. Whether you are a provider or a patient, ask yourself, "What can OT do for me?"

The occupational therapists at PT Northwest strive to accomplish three goals:

1. Enable individuals to develop, recover, and maintain the skills needed to perform tasks in their daily living and working environments.
2. Relieve symptoms and pain associated with each condition.
3. Return independence and the ability to perform the activities of daily living to each patient in the quickest and safest way possible.

If you have any questions or would like to receive any additional information regarding our occupational therapy services, please contact Andrea Britten MOT, OTR/L at 503.508.5468, or abritten@ptnorthwest.com. ▲



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