

# OCCUPATIONAL THERAPY

Occupational therapy is a skilled treatment that helps individuals achieve independence in all facets of their lives. We specialize in the treatment of the hand, wrist, and elbow. With our customized treatment programs, we improve one's ability to perform daily activities. Performance skills assessments and treatment are carried out with adaptive equipment recommendations and usage training. We provide guidance to family members and caregivers.

## HOW CAN WE HELP?

We immediately engage patients in exercise and activities they can do at home to improve their condition, and we provide education and empowerment in managing and preventing recurrence of the problem. We also provide skilled one-on-one treatment in the management of edema, pain, and loss of strength. We strive to help patients restore independence and function with daily activities.

## WHAT CAN WE DO?

We treat **arthritis of upper extremities** by using pain modalities and therapeutic massage to decrease edema and pain, and to increase mobility and strength to maximize function.

We help prevent further progression of **carpal tunnel syndrome** through use of manual techniques to decrease symptoms and educate on risk factors which contribute to the condition.

We decrease inflammation of **trigger finger and trigger thumb** through use of manual techniques and modalities, educate patient on risk factors, and provide splinting as indicated.

We educate on proper body mechanics for **repetitive strain injuries** and prevent further deficits. We are a vital part in the management of edema and engage patients in a specialized treatment plan focusing on eccentric and concentric resistive exercises.



## WHEN SHOULD YOU REFER FOR OCCUPATIONAL THERAPY?

When pain continues to limit activities of daily living, decrease of mobility interferes with daily tasks, or weakness no longer allows the patient to engage in meaningful tasks, you should refer for occupational therapy.



## WHERE ARE WE LOCATED?

### Goshen

30 Hatfield Ln #201, Goshen, NY 10924  
Phone: (845) 615-2222

### Monroe

505 NY-208, Monroe, NY 10950  
Phone: (845) 782-3200

### Bon Secours Community Hospital

Phone: (845) 858-7112

### Good Samaritan Hospital

Phone: (845) 368-5253

### St. Anthony Community Hospital Center for Physical Rehabilitation

Phone: (845) 987-5150

Rehabilitation at Bon Secours Charity Health System A Member of the Westchester Medical Center Health Network: Rehabilitation services are provided by Access Physical Therapy & Wellness.



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