

UNDERSTANDING OCCUPATIONAL THERAPY AND ITS UNIQUE CONTRIBUTION TO REHABILITATION

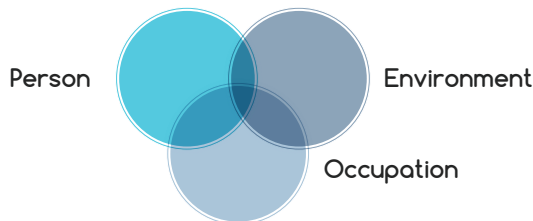
Occupational therapy (OT) and its “sister field” Physical therapy (PT) share several basic similarities:

1. Both use evidence-based interventions/treatments.
2. Advanced education, licensure, and continued professional competence are required for each discipline.
3. Similar settings with similar clients sometimes using an assortment of seemingly similar interventions; practitioners from both disciplines engage with their patients and clients to achieve optimal wellness and independence.

OCCUPATIONAL THERAPY



- Occupational therapists (OTs) promote optimal health and well-being through a holistic examination of the individual
- While OTs are concerned with neuromusculoskeletal disorders and evaluating functional ability, the focus is rarely on physical ability alone.
- The holistic evaluation involves an analysis of the dynamic relationship between person-environment-occupation.
- OT focuses on increasing independence



- OT facilitates health, wellness, and independence using occupations and purposeful activities

OTs change lives by equipping clients with capabilities to conquer life's challenges

PHYSICAL THERAPY



- Physical therapists (PTs) view movement as the key to optimal living and quality of life
- The significance of movement to the physical therapy community is seen in the American Physical Therapy Association's PT Month campaign slogan “Physical therapy brings motion to life”
- PTs evaluate and diagnose the physical source of dysfunction, while focusing treatment on increasing strength, reducing pain, improving mobility, and preventing disability
- Focus centers on restoring, maintaining, and/or promoting movement through physical capacities
- PT facilitates health, wellness, and independence using exercise and mobility

Resources

Lt. Matthew L. Baumann, MS, OTR/L, and Lt. Joshua A. Springer, MS, OTR/L; Occupational Therapy? Defining OT as distinct and complementary to other disciplines; Oct 1, 2015; <http://occupational-therapy.advanceweb.com/Features/Articles/Two-Pieces-of-the-Puzzle.aspx>

WHERE ARE WE LOCATED?

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Monroe
505 NY-208, Monroe, NY 10950
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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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