

# April is National Occupational Therapy Month

*By Lisa Dalton, Rehab Therapy Director*

“Occupational Therapy (OT) helps people live life to its fullest.”

Occupational Therapists (OTs) focus on doing whatever “occupation” or “activities” are meaningful to a person. Occupation refers to the activities that “occupy” a person’s day, often referred to as Activities of Daily Living (ADL).

After an illness or injury, an OT utilizes a variety of techniques and treatment methods to help a person return to their prior level of functioning to the best of their ability. These include manual therapy, therapeutic exercise and therapeutic activities. The goal of OT is to maximize a person’s independence after their illness or injury so they are able to live life to their

fullest.

OT’s work with a variety of conditions including: Orthopedic: Pre and post shoulder surgery, and elbow and hand conditions/injuries; Neurological: Stroke, traumatic brain injury, and degenerative conditions (multiple sclerosis).

As an Occupational Therapist at FCPHD, I work with patients on an outpatient basis, as well as with patients in our inpatient skilled therapy program to prepare them for returning home. If you would like more information, please call 775-8400.

*Prior Hospital Happenings available at <http://www.fcphd.org/news.html>*

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