

What is OT and how does it work?

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Work Related Injuries Workshop

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What is Occupational Therapy?

- Occupational therapy practitioners address all aspects of a persons life which may affect their ability to function independent and carry out self care, home management, educational , job tasks, and other activities.
- The goal of OT is to help patients achieve their maximum potential and resume performance of tasks in their daily living, work, home, educational and community environments.
- Occupational therapists design treatment plans to compensate, manage, and overcome limitations caused by disease, injury, cognitive impairments, physical limitations, etc.

Common Orthopedic Conditions

Treated

- Fractures
- Amputations
- Tendon injuries
- Nerve injuries
- Wound care
- Arthritis
- Cumulative trauma/repetitive strain
- Pain (fibromyalgia, complex regional pain syndrome)
- Ligament injury and instability
- Congenital anomalies
- Carpal tunnel syndrome
- Lateral and medial epicondylitis
- Trigger finger
- Adhesive capsulitis
- Rotator cuff syndrome
- Orthopedic Reconstruction (e.g. Shoulder, Hip, Knee replacements)

The role of Occupational Therapy in Orthopedics

- Learn new skills
- Re-build physical strength
- Improve mental stamina
- Manage and overcome limitations
- Improve their quality of life
- Evaluate for adaptive equipment
- Environmental adaptations



Treatment interventions

- Fabrication of custom static and dynamic splints
- Use of thermal and electric modalities to improve soft tissue response
- Joint mobilization and exercises to improve range of motion
- Joint protection and ergonomic strategies to prevent further injuries
- Physical exercise and strengthening to improve overall upper extremity function
- Scar management
- Sensory re-education
- Education for post surgical, post injury safety

Occupational therapy and workers compensation

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Work rehabilitation and occupational therapy

- Maximize levels of function following injury and or illness to maintain a desired quality of life for the worker
- Facilitate the safe and timely return to work
- Remediate and/or prevent future injury
- Assist individuals in resuming their role as a worker
- Environmental adaptations and adaptive equipment recommendations.

OT's Role in various aspects of work rehabilitation

- Acute injury and illness management
- Work conditioning
- Work hardening
- Functional Capacity Evaluations
- Environmental modifications
- Transitional work programs

Thank you

