



Occupational Therapy

Our lives are made up of occupations—meaningful everyday activities. These occupations can include many roles, such as being a parent, a friend, a spouse, a farmer, an artist, a cook, or a student. We generally don't think about our daily occupations until we have trouble doing them. Everyone has occupations—from the toddler whose occupations are play and learning to develop important skills, to the older adult whose occupations are engaging with family and friends and managing his or her home. If you are recovering from an accident or injury, your valued occupations may be disrupted. Occupational therapy incorporates your valued occupations into the rehabilitation process.

Through our Occupational Therapy services WHMC is proud to offer specialty programming for adults including:

- Complete Decongestive Therapy, the gold standard treatment for Lymphedema
- LSVT BIG an amplitude based program for adults with Parkinson's Disease
- Aquatic Therapy for upper body conditioning and lower body edemas
- Ergonomic Workstation Evaluations
- Tai Chi for Arthritis and Fall Prevention
- Car Fit program offering older adults the opportunity to check how well their personal vehicles "fit" them.

WHMC also offers Occupational Therapy services for pediatrics with focus on developmental mile stones, sensory processing, fine motor coordination, visual perception and ocular motor control. Our occupational therapist works with parents and children to help promote and develop home exercises, strategies for acquisition of developmental goals and sensory needs all through play based interventions in an outpatient clinic or aquatic setting.

Occupational Therapy services typically include:

- Patient specific evaluation and assessment
- Adaptive equipment recommendations and training
- Caregiver education and training
- Custom splint fabrication for acute, post-operative, or non-acute upper extremity conditions

For more information please contact :
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