



HAND PAIN & OCCUPATIONAL THERAPY

If you have pain, injury, illness, or a disability that makes it hard to fulfill your job or schoolwork, care for yourself, complete household chores, move around, or take part in activities, occupational therapy can help you adapt.

What's the Difference?

If you're reading this newsletter, it's likely that you've received physical therapy from us. Most people are familiar with physical therapy (PT), but many have not heard about occupational therapy (OT).

The fields of OT & PT are often mistaken for the same thing. While both specialties provide essential, hands-on, rehabilitation work, each profession takes a diverse approach. For instance, someone recovering from a stroke might **work with a PT to build back their muscle strength** and also **see an occupational therapist to practice basic skills that the stroke may have impaired**, such as dressing, eating, and washing. OTs look at how you perform any activity or task, whether it be at your job, in the home or simply a hobby that is limited or causing you pain, and come up with a plan to help you keep doing those things through compensation and adaptation.



Specialists in Hand Rehabilitation

Hand therapy is a specialty practice area of occupational therapy. Just like with physical therapy, the goal of occupational therapy is to help you live as independently as

possible; however, those who have experienced hand pain or dysfunction know all too well how disabling and frustrating it is to lose hand function and control. Hand injuries can interfere with the ability to earn a living, attend school, care for family, and enjoy hobbies by making simple activities difficult or impossible to perform. Activity modification is a key aspect of occupational therapy and can be integral to your ability to return to work or the activities that you enjoy quickly, especially after something like a hand injury. An OT can help you compensate for limitations and your environment through activity modification and adaptive equipment.

If you've experienced a hand or upper extremity injury ask your doctor if occupational therapy could improve your function. If you're interested in learning more about OT and whether it could help you, **plan to attend our Hand Pain Clinic, with our Occupational Therapist, Michaela Goos.**

Michaela earned her master's degree in Occupational Therapy in 2008 from the College of Saint Mary in Omaha, Nebraska. Her work experience involves a variety of settings including hospital, home health, skilled nursing, and outpatient therapy. **Michaela specializes in the treatment of:**

- hand therapy
- dementia management
- lymphedema management
- stroke rehabilitation
- visual perceptual deficits
- fine motor control
- adaptive equipment training



Hand Pain Clinic

Wednesday, April 17th • 5:30 pm

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