

# MEET THE OCCUPATIONAL THERAPY TEAM



Robert Barney, COTA

## The HAND — Center —



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Living with a disability is never easy. And returning to life after an illness or injury can be a struggle. Physical limitations, pain and required changes in daily routines are just some of the things that might make it hard for people to do the tasks they need — and want — to do. Occupational Therapy (OT) can help both children and adults address these challenges and lead a more fulfilling life, and our OT department has an excellent track record of doing both.

### The goal of OT is to make it easier for someone to function in everyday life. Our therapists:

- Fabricate splints to protect a surgical repair or improve range of motion.
- Plan safe work tasks for returning to a job.
- Develop strategies for someone who has trouble managing their activities of daily living.
- Establish ways to conserve energy to improve range of motion, strength and endurance.
- Educate in protection and prevention of joint overuse.
- Initiate a plan for achieving personal and therapeutic goals.

### Top 10 Treatment Diagnoses:

- Shoulder injuries
- Stroke
- Fractures
- Arthritis
- Carpal Tunnel Syndrome
- Tendonitis
- Neurological disorders
- Nerve injuries
- Tendon injuries
- Post surgical management of hand/upper extremity injuries

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