

Three locations for patients' convenience:

McLaren Macomb Rehabilitation & Therapy Services – Bay River
36267 26 Mile Road, Suite 5
Lenox, MI 48048
(586) 591-1420

McLaren Macomb Rehabilitation & Therapy Services – Northpointe
37055 South Gratiot Ave.
Clinton Township, MI 48036
(586) 783-9581

**McLaren Macomb Rehabilitation & Therapy Services –
Shelby Creek Medical Center**
8180 26 Mile Road, Suite 125
Shelby Township, MI 48316
(586) 992-9030



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1000 Harrington Blvd.
Mount Clemens, MI 48043
(586) 493-8000
mclaren.org/macombrehab



19MM055-319



OCCUPATIONAL THERAPY

Part of Rehabilitation Services at McLaren Macomb





What are some conditions that can call for OT?

- Amputation
- Arthritis and rheumatic disease
- Burns (upper extremity)
- Fracture (upper extremity)
- Joint replacement
- Ligament injury and instability
- Muscle strain and tear
- Nerve damage/neuritis
- Repetitive stress injuries (carpal tunnel, tennis elbow)
- Stroke (also known as CVA)
- Surgical repairs (both before and after, for education, strengthening and range of motion)
- Tendonitis of the hand, wrist and elbow

Types of services provided by OT:

- Coordination exercise (to strengthen hand and forearm)
- Neuromuscular re-education
- Range of motion
- Therapeutic exercises for strength, endurance, flexibility and stability
- On-site customized splinting
- Edema reduction garments and techniques
- Scar management
- Therapeutic modalities (ultrasound, fluidotherapy, hot/cold packs)
- Assessment, recommendation and training in adaptive or assistive devices
- Ergonomic assessment and activity modification recommendation for home, work or school

WHAT IS OCCUPATIONAL THERAPY?

Occupational therapy is a one-on-one treatment that helps patients achieve independence in their daily lives after injury, illness or surgery. At McLaren Macomb, registered occupational therapists work with patients to improve their performance in activities of daily living with special services for neurological and hand/upper extremity rehabilitation.

WHAT DOES THERAPY INCLUDE?

Our program includes an initial evaluation to identify areas that need improvement, a personalized, evidence-based care plan for each patient and outcome measures to assess progress and revise the plan of care for best results.

HOW CAN I RECEIVE OCCUPATIONAL THERAPY?

Talk to your doctor about an occupational therapy prescription. Then call the location nearest you for an appointment (see back).