

REHABILITATION SERVICES
**OCCUPATIONAL
THERAPY**



**McLaren Macomb Rehabilitation &
Therapy Services – Northpointe**

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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.

SERVICES PROVIDED:

- 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
- Scar management
- Therapeutic modalities (ultrasound, fluidotherapy, hot/cold packs)
- Assessment, recommendation and training in adaptive or assistive devices
- Ergonomic assessment and activity modification recommendation



COMMON CONDITIONS TREATED WITH OCCUPATIONAL THERAPY

- 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

HOW CAN I RECEIVE OCCUPATIONAL THERAPY?

Talk to your doctor about an occupational therapy prescription. Then schedule an appointment today.