



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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OCCUPATIONAL THERAPY MONTH:

April is the national celebration of Occupational Therapy (OT). You may ask, what is OT? OT is a science-driven and evidence-based profession that enables people of all ages to participate in daily living or improve their lives with injury, illness, or disability. This is done through strategies for everyday living, customizing environments, and providing therapy to meet ones maximum potential.

Occupational Therapy assists people in achieving their goals, rebuilding their independence, and participating in daily activities that they need to do or that simply make life worth living.



AROUND THE CLINIC:


Spring is in the air! PTSC wants to remind you to carefully and cautiously return to your summer activities to avoid injury. Be sure to check your equipment before returning to spring and summer activities!

Does your bike need to be tuned before you ride again? (We offer bike fitting to assist with any previous aches and pain from last season)

Is it time for a new pair of walking/running shoes?

Does your hiking back pack fit properly?

Check out our blog for helpful tips and tricks as you resume your summer activities.

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Therapy Minutes

This section is to keep you up to date and provide education regarding PT, OT, and Speech Therapy

Physical Therapy: PT vs OT

Physical therapy and occupational therapy often get confused, but the truth is, we often have a lot of the same skills. Generally speaking, OT's help to fit and assess assistive devices, adapt equipment, specialize in hands/wrists/elbows, and can be found in multiple settings such as schools, hospitals, and outpatient clinics. OT's can also prescribe exercises, educate patients on transfers/mobility, and promote quality self-care tasks. While PT's may also perform the above, OT's are more than capable and often the preferred provider. As April is OT month, be sure to thank OT for all the services provided!

Occupational Therapy: Use of foam tubing in OT

Occupational Therapy offers a wide variety of tools which increases our independence and ability to complete daily activities without pain. There are multiple devices and modifications available. An example of this is foam tubing. This inexpensive item can be added to utensil handles, yard, and cleaning tools. The tube decreases pressure on the joints of the hand and also acts as a shock absorber against vibration. For more information on the use of foam tubing to improve your daily activities head over to our website and checkout the blog, it will be available April 15th.



Speech Therapy: What is Aphasia?

Aphasia is a neurogenic communication disorder acquired from an injury to the brain. Aphasia may involve impairments in any of the following areas: spoken language expression, spoken language comprehension, written expression and/or reading comprehension. These impairments can affect your ability to speak, write, read and understand language both verbal and written. Common causes of aphasia include stroke, head injury or neurological disorder. Symptoms of aphasia may include substituting an incorrect word for another (i.e. saying "apple" for "orange") or substitution of an incorrect sound (i.e. "kipe" for "pipe"). It may also include word finding difficulty or the inability to retrieve a particular word, also known as "anomia". Aphasia is a language disorder treated by speech-language pathologists who specialize in neurogenic communication disorders. If you or your loved one are experiencing signs or symptoms of aphasia, contact your medical provider for a referral to our clinic. Our speech therapist will assist you with improving your language skills and enhance functional communication to minimize frustration and communication breakdowns.

