

How Occupational Therapy can help you?



Reducing risks and optimising function at home and work...

January 2016

Occupational Therapy is based
on the belief
that meaningful participation in
daily life will facilitate
health, wellbeing and quality of life



How can OTs assist?

Our intervention may be focussed on

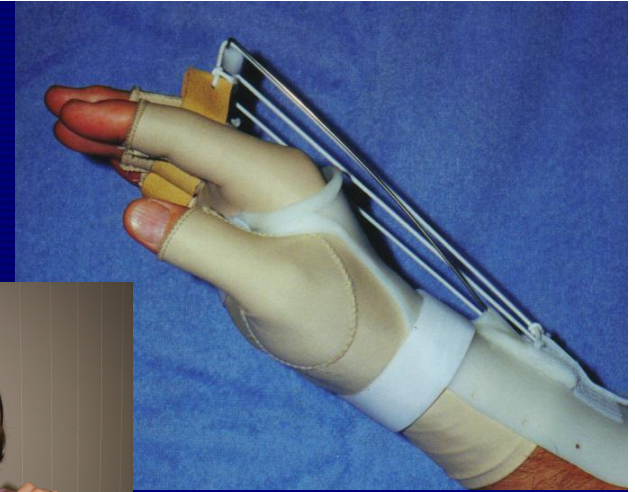
- **Remediating** / fixing the physical, sensory, cognitive /perceptual, psychosocial or functional skills that have been affected by illness or injury
- **Teaching compensation** if the problem cannot be “fixed”
- Facilitating return to usual roles and tasks by **modifying the task or the environment**



Hand Therapy

We specialise in the assessment and treatment of Hand and Upper Limb conditions such as:

- Amputations / Detippings
- Arthritis
- Burns
- Carpal Tunnel Syndrome
- Crush Injuries
- Dupuytren's Contracture
- Fractures
- Hypertonicity
- Sprains and strains
- Tendon and nerve injury
- Tendinosis / Tendonitis / Tenosynovitis



Management of Chronic Oedema

- Facilitate management of chronic swelling / oedema / lymphoedema in the limbs, which reduces the risk of cellulitis and increases wound healing
- Optimise wound and scar management



Soft tissue treatment

- Reduce muscle tension and teach strategies for self management of the body's stressors
- Assist to modify the routines and habits to facilitate a healthier lifestyle
- Stop the niggling aches and pains affecting sleep or turning into bigger problems
- Provide treatment to reduce chronic pain and teach pain management strategies





Optimising recovery following cancer



- Improving arm movement and prevent stiffness and tight muscles affecting everyday tasks
- Improving the appearance of scars, +/- implants and reducing the impact of scarring on lymphatic drainage and shoulder movement
- Teaching how to improve lymphatic drainage and reducing the risks of developing chronic oedema / lymphoedema
- Teaching self-management of lymphoedema, if it does occur, via massage, exercises, compression bandaging / garments if necessary

Neurological Conditions

- Acquired / Traumatic Brain Injury
- Progressive Neuromuscular Disorders
- Following CVA (Stroke)



OTs assess and treat memory, planning, attention, perceptual skills and physical limitations in order to optimise function in ADL.

Physical treatment can address increased or decreased tone, tremor, reduced fine motor control and reduced strength.



Pain Management

We can assist with treatment, client education and compensatory techniques for many pain conditions

- Neuropathic Pain
- Complex Regional Pain Syndrome
- Post Surgical
- Wound and scar



Home assessment and ADL equipment prescription



- To prescribe adaptive aids or modifications to increase independence and safety and ensure the client and carers are able to use these e.g. wheelchairs, pressure relief seating, adapted cutlery, one-handed equipment.
- To teach energy conservation and task modification.
- To ensure falls and injury prevention strategies are utilised.



Work Rehabilitation



- Workstation Ergonomic assessment
- Worksite Evaluation and designing and monitoring the suitable duties program
- Pre-employment screenings
- Functional Capacity Evaluations (FCEs)
- Medicolegal FCEs
- Group or individual training on Back Care and Injury Prevention and Office Injury Prevention



How to obtain OT services?

Contact Cairns Occupational Therapy to refer.

Bill payer needs to be identified as we are a fee for service private practice.

- Private health fund rebates
- TCA/EPC referrals
- Workers Compensation
- DVA
- Public Trustee
- Organisations brokering services e.g. Disability Qld





OTs help people to overcome the barriers that prevent them doing the activities and occupations that are a part of their daily life.



Cairns Occupational Therapy:
reducing risks and optimising function at home and work...



CAIRNS
OCCUPATIONAL
THERAPY

Our Occupational Therapists are happy to
discuss how we may be able to assist you.
Call us on 4051 5504