

Who can Occupational Therapy help?

Occupational Therapists (OTs) are health professionals trained to assist people in overcoming limitations that have occurred as a result of injury or illness, psychological or emotional difficulties, developmental delay or the effects of aging.

We assist people in overcoming the barriers that limit their ability to do the activities that are part of their daily life.

Cairns Occupational Therapy frequently works in conjunction with funding bodies such as WorkCover Qld., Third Party Insurers, Self Insured Workplaces, Comcare and Department of Veterans Affairs.

Additionally we treat private patients who wish to receive the specialised services that we offer on a fee for service basis. Clients with private health insurance can often claim a rebate from their health fund for their treatment.

A referral from your treating doctor is preferred and is essential if you are funded by DVA, WorkCover or similar insurance.



CAIRNS OCCUPATIONAL THERAPY

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CAIRNS OCCUPATIONAL THERAPY



Reducing risks and
optimising function at
work and home

OCCUPATIONAL THERAPY
INFORMATION
BROCHURE

Hand Therapy

Our Occupational Therapists specialise in evaluating and treating any problem related to fingers, hands or arms. The therapist uses their expertise to accurately assess and provide effective therapy programs for diagnoses such as:

- Amputation
- Arthritis
- Burns
- Carpal Tunnel Syndrome
- Crush Injuries
- Dupuytren's Contracture
- Fractures
- Joint Replacements
- Soft Tissue Injuries
- Sprains and Strains
- Tendon or Nerve Injury
- Tendinosis eg. Tennis Elbow

The goal of hand therapy is to accelerate the patients return to a productive lifestyle, minimising the impact of the injury on work, home and leisure activities.



Soft Tissue Injury Management

Using soft tissue treatment techniques incorporating conventional and complementary therapies we can:

- Improve signalling from your nervous system to all parts of your body
- Reduce muscle tension and teach strategies for self management of your body's stressors which will help regulate your hormone levels
- Assist you to modify your routines, habits and environment to facilitate a healthier lifestyle, greater productivity and reduce the risk of injury
- Stop niggling aches and pains affecting your sleep or turning into bigger problems



Post Mastectomy

- Improve arm movement and prevent stiffness and tight muscles affecting your everyday tasks
- Improve the appearance of scars and reduce the impact of scarring on lymphatic drainage and shoulder movement
- Teach how to improve your lymphatic drainage and reduce the risks of developing chronic oedema/lymphoedema
- Teach self-management of lymphoedema via massage, exercises, compression bandaging/garments if necessary

Work Rehabilitation

- Functional Capacity Evaluation - a detailed evaluation designed to assess an individual's ability to perform work related tasks including lifting, bending, reaching, grasping, walking, climbing, either specific to a job or in relation to general set of job demands
- Worksite/Ergonomic Assessments - assessment of the work environment to determine options for suitable duties programs, ensure optimal safety and recommend modification of equipment or techniques if required
- Development and Monitoring of Graduated Return to Work Programs
- Pre-employment Screening - functional screening to determine if the applicant is capable of performing the critical demands of a specific position prior to employment
- Occupational Health and Safety related trainings such as "Back Care and Injury Prevention" and "Office Injury Prevention"
- Medico-legal Assessments



Home Assessment

- Home Assessment and modification to increase safety and independence
- Prescription of adaptive equipment eg, rails, shower chair, toilet aids, wheelchairs, pressure relief cushions



Rehab - Physical, Cognitive, Perceptual

Rehabilitation following accident or illness eg. fractures, stroke, head injury, falls.