

TIP OF THE MONTH

The Difference between Occupational and Physical Therapists

April is Occupational Therapy (OT) Month and we wanted to highlight the unique ways they help make patients' lives better. If you receive a referral to occupational therapy, you may think they do the same things as a physical



therapist. The truth is that even though they do share similarities, they are also quite different. Here's why.

OCCUPATIONAL THERAPISTS (OT) focus on activities of daily living (ADL's). For example, this would mean helping patients learn to eat and write again after a stroke. OT's also modify movements or the environment a patient lives or works in so that they can complete tasks safely. These modifications help patients lead full and active lives. Many occupational therapists also specialize in the treatment of upper extremities (shoulders, elbow, wrist and hand) by becoming certified hand therapists (CHT).

PHYSICAL THERAPISTS (PT) focuses on treating the injury itself through the use of orthopedics, manual therapy and modalities with the goals of reducing pain and improving function.

Both professions educate patients on wellness and injury prevention. In some cases, like those having suffered a stroke, the patient may see both an OT and a PT during recovery.

In an outpatient setting, the main ways you would find an occupational therapist interacting with patients would be through:

- Hand and upper extremity movement and rehabilitation
- Teaching patients to use assistive devices to complete activities of daily living (ADL's)
- Rehabilitating patients recovering from stroke to regain strength, movement, and learn to accomplish ADL's in modified ways
- Working with employers to create programs designed to reduce risk and injury in the workplace
- Helping children struggling to achieve developmental goals progress to their highest possible levels
- Working with patients suffering from neurological conditions such as Parkinson's disease to remain active

For more information about occupational therapy and the types of patients they see, [click here](#). If you have an OT in your life, make sure to reach out this month and show them your appreciation as we celebrate OT Month!



PT&Me Featured Article: [Gardening Ergonomics](#)

It's that time of year again. Time to exchange snow shovels and winter boots with gardening tools and watering cans. [more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Disability is the Inability to see Ability”

— Vikas Khanna

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Cauliflower Mashed Potatoes

Now...you can get these from the freezer aisle, but when you eat it fresh, it's so much better and you can season it to your taste. So, get your food processor handy - it's time for some good ole' not- mashed potatoes kind of yumminess!



Ingredients:

- 2 heads worth of cauliflower florets
- 1/2 cup parmesan cheese
- 1/2 oz of softened cream cheese
- 1/2 teaspoon of garlic
- Half a cube of chicken bullion
- Salt, pepper and butter to taste

Directions:

1. Boil the cauliflower florets until they pass the fork sliding test.
2. While they are boiling prepare your food processor and put the rest of the ingredients in the food processor except for the salt, pepper, and butter.
3. Drain the florets once finished and dry off the cauliflower and put in the processor.
4. Turn it on and watch until there are no chunks of cauliflower left.
5. Salt, pepper and add butter to taste. Serve warm!