

Occupational Therapy

Simply stated, occupational therapists help people of all ages participate in the things they want and need to do, through the therapeutic use of everyday activities (occupations).

OT helps people function in all of their environments (e.g., home, work, school, community).

OT also addresses the physical, psychological and cognitive aspects of well-being through engagement in occupation.



Evaluation

Formal OT begins with a review of your medical history. A variety of assessments will be included to gain a better understanding of your strengths, goals and areas for improvement.

At Kitsap Physical Therapy, we have 6 occupational therapists who are trained in evidence-based practice and treatment. The focus of treatment is to facilitate independence to participate in the activities and occupations of your choosing.

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**kitsap
physical
therapy**
AND SPORTS CLINICS

Occupational Therapy

*"Occupational therapy practitioners ask:
'What matters to you NOT What's the matter
with you?'"*

-AOTA President Ginny Stoffel

Why do I need OT?

Occupational Therapy (OT) is focused on improving independence, participation and quality of life.

People recovering from orthopedic injuries, neurological events, and/or chronic health concerns can benefit from OT.

Additionally, OTs complete in-office ergonomic evaluations to help workers avoid injury, teach memory strategies to help recovery after a concussion, or work with children to support participation in learning and self care.

You need OT if you are looking for ways to improve your quality of life, be comfortable in your occupation, participate in valued activities (golfing, cooking, play) or increase your independence.

How can we help?

OTs complete a comprehensive evaluation of the person, environment and desired task(s) and then develop a plan of care to reach the person's goals.

This plan may include:

- hands-on manual therapy
- custom splinting
- activities for strengthening
- home modification
- driving rehabilitation
- fall prevention training
- caregiver education
- adaptive equipment



What can OT help with?

- Musculoskeletal injuries
- Post surgical rehab for the upper extremity
- Balance and aging in place
- Energy conservation techniques
- Vision concerns
- Sensory processing
- Driving assessments
- TBI and stroke recovery
- Arthritis and rheumatic conditions
- Cognitive rehabilitation

Upper Extremity

OTs have specialty training and experience working with Upper Extremity rehabilitation. Shoulder to fingertip concerns will be treated with the highest-quality care using evidence-based intervention.

Some common examples of upper extremity conditions treated by OTs include: fractures, arthritis, cumulative trauma, ligament injuries/instability, tendon injuries and nerve injuries.

Pediatrics

Play is a child's primary occupation. Play enables children to learn and develop life skills, be creative, derive enjoyment, and thrive. Areas which OT can help include play, learning, interactions with caregivers and, eventually, interacting with peers.

OTs address developmental milestones such as:

- movement to sit, crawl, or walk independently
- learning to pay attention and follow simple instructions
- developing the ability to eat, drink, wash and dress independently
- learning to cope with disappointment or failure
- reducing extraneous environmental stimuli (such as noise for a child who is easily distracted)
- building skills for sharing, taking turns, and playing with peers
- using toys and materials in both traditional and creative ways
- participating in age-appropriate daily routines