

Occupational Therapy

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Occupational Therapy

Occupational therapy (OT) is a branch of health care that deals with all ages of people who are having cognitive, physical, sensory problems. Occupational therapy can help the people to regain in all areas of their lives.

Occupational therapist helps people with barriers that affect person physical, emotional, and social needs. To do this, they use everyday activities, exercises, and other therapies.

- Developing fine motor skills so that they can grasp, release toys and can develop good handwriting or computer skills.
- Improvement in eye and hand coordination so they can play and do their daily needs and school skills such as bating, bowling, copying from blackboard etc.
- Basic life skills like bathing, dressing, brushing teeth, self-feeding, etc.
- Learning positive behaviours and social skills by practicing how they manage frustration and anger.
- Special equipment to help build their independence. These include wheelchairs, splints, bathing equipment, dressing devices, and communication aids.

Occupational therapy can help kids and teens who have the following problems

- Birth injuries or birth defects
- Sensory processing disorders
- Traumatic injuries to the brain or spinal cord
- Autism
- Learning problems
- Juvenile rheumatoid arthritis
- Broken bones
- Other orthopedic injuries
- Spina bifida
- Mental health
- Behavioral problems
- Developmental delays
- Post-surgical conditions
- Burns
- Traumatic amputations
- Cancer
- Severe hand injuries
- Multiple sclerosis
- Cerebral palsy
- Other chronic illnesses

Physical therapy and occupational therapy both help improve kids' quality of life, but there are differences. Physical therapy (PT) helps with:

- Pain
- Strength
- Joint range of motion
- Endurance
- Gross motor skills (large-muscle movements made with the arms, legs, feet, or entire body)

The two professional levels of occupational practices are as follows

Occupational therapist (OT): An Occupational therapist should have a 4-year bachelor's degree in the related field (Psychology, Biology, and Health science) and a master's degree from an accredited occupational therapy program.

Occupational therapist assistant (OTA): An Occupational therapist assistant should have an associate's degree from an accredited OTA program. They can carry out treatment plans developed by an occupational therapist but can't do patient evaluations.

There is difference between occupational therapy and physical therapy. Occupational therapy focuses on improving client's ability to perform activities of daily activities (ADL). Physical therapy focuses on improving client's ability to perform movement of the human body.

Occupational therapy helps with:

- Fine motor skills (small-muscle movements made with the hands, fingers, and toes, such as grasping)
- Visual-perceptual skills
- Cognitive (thinking) skills
- Sensory-processing problems

Following are the key benefits of occupational therapy for the elderly:

- Keeps arthritis at bay
- Increases movement range
- Improves vision
- Boosts memory & cognitive skills
- Helps coping with chronic pain

Occupational therapists with a specialty in geriatrics assist elderly people by analyzing the patient and find out the best suited for psychological, emotional, physical, environmental, and their needs. Specialized exercises are designed to support the functions of whatever the patients need.

Occupations with job duties those are similar to occupational therapists are listed below

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- Occupational Therapy Assistants and Aides
- Physical Therapists
- Recreational Therapists
- Speech-Language Pathologists
- Nurse Anesthetists, Nurse Midwives, and Nurse Practitioners
- Physician Assistants

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