



March 25, 2009

FOR IMMEDIATE RELEASE

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A Look at Occupational Therapy
By Lauren Morse, OT

It seems like such a simple thing, but every time you move the mouse or your hand a certain way the pain is so sharp it forces you to stop being the productive, hardworking, get-it-done-now person you've always been, and that's the most painful thing of all.

This year millions of Americans in all lines of work will get a painful reminder of just how much they depend on their hands. They'll develop job-related injuries that will interfere with their work performance and their quality of life. Fortunately, these people are in good hands if they receive occupational therapy as part of their treatment program. Studies have shown that Occupational Therapy shortens recovery time, and since it teaches people healthy, efficient ways to perform job and everyday life tasks, Occupational Therapy reduces the chance of re-injury.

At Cottage Hospital, we take the time to get to know each of our patients and to give them quality care with individualized treatment plans. Some of the services we offer include making custom splints, evaluating workstations to make them ergonomically correct, adapting tasks to enable you to continue performing your work and leisure activities without pain, creating individualized home exercise programs, and providing pain modalities to help you heal and get back to living your life again!

We currently have three occupational therapists that are board certified and nationally, licensed by the states of New Hampshire and Vermont, and certified in physical agent modalities by the state of New Hampshire.

In the words of one of our recent patients, "I can't put into words how much you have helped and what a difference you have made."

Visit www.aota.org for more information about Occupation Therapy and its many benefits or contact your doctor for a referral and to discuss how Occupational Therapy can give you back your hands and life!

If you have any topics that you would like to see discussed in this column please call Maryanne at (603) 747-9189 or email maldrich@cottagehospital.org

Cottage Hospital is a 25 bed, Critical Access Hospital, serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services visit us on the web at www.cottagehospital.org or call (603)747-9000.

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