



APRIL 2022

WHAT'S INSIDE

HOW TO WORK ON BEING PRESENT

Part 3 of a 4 Part Series!

APRIL IS...
Occupational
Therapy Month

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April Is...
**Occupational
Therapy Month!**

April Is... OCCUPATIONAL THERAPY MONTH!



April is Occupational Therapy Month, and in honor of this, Therapy Solutions would like to take the opportunity to educate our patients and readers on the benefits of occupational therapy methods!

Do you have an injury or medical condition that is causing you pain, limiting your daily activities, and preventing you from enjoying the things you love?

Occupational therapy is a great way to learn how to get over these hurdles, improve performance and lower your pain symptoms.

Would you like to learn more about how occupational therapy can help you eliminate your pain and improve performance? If so, contact Therapy Solutions today to request an appointment.

WHAT IS OCCUPATIONAL THERAPY?

The American Occupational Therapy Association defines occupational therapy as “the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable

people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.”

Occupational therapy can benefit people of all ages, from helping children with disabilities participate in school and social settings, to helping seniors improve their physical and cognitive health.

One example of the ways an OT can improve a patient's daily function is through adaptations. For instance, if a patient is having trouble feeding themselves, an occupational therapist can help them to make adjustments and adaptations to utensils to make mealtimes easier. This unique approach makes occupational therapy a vital part of health care.

Occupational therapy is also a very common form of treatment for patients recovering from surgery, healing from injuries, or living with chronic conditions that affect their quality of life.

Some conditions/situations where an OT's guidance and care can be beneficial are as follows:

- ▶ Tendinitis
- ▶ Multiple sclerosis
- ▶ Parkinson's disease

- ▶ Orthopedic conditions
- ▶ Recovery after burns/scar management
- ▶ Neurological conditions
- ▶ Carpal tunnel syndrome
- ▶ Down's syndrome
- ▶ Cerebral palsy
- ▶ Autism
- ▶ Asperger's syndrome

WHAT TO EXPECT FROM OCCUPATIONAL THERAPY

If you're struggling to do everyday activities such as shower, get out of bed, open doors, or get dressed, occupational therapy could be a great option for you.

Therapy Solutions's occupational therapy plans include:

- ▶ An individual assessment to determine conditions, pain points, abilities, and patient goals.
- ▶ Customized activities focused on the improvement of daily tasks and activities.
- ▶ A final evaluation to determine if goals were met and to make changes to the plan/create another treatment plan of action if necessary

Occupational therapy and physical therapy go hand in hand and can be integrated into care plans to help patients of all kinds to regain mobility, flexibility, improve range of motion, and regain a sense of independence in their daily routine.

HAND INJURY PREVENTION

Now that the weather is getting warmer, many of us will find ourselves itching to get out in the backyard to begin planting and gardening.

This kind of activity is a great way to fit more exercise and movement into your routine, but it may pose a risk of injury as well, such as cuts, broken fingers, sprains, strains, swelling, and inflammation.

There are many things you can do to prevent hand injuries, including:

- ▶ Wearing protective gloves, especially when handling sharp tools or chemicals
- ▶ Grip with your whole hand to prevent wrist strains
- ▶ Avoid doing yard work when it's dark outside
- ▶ Regularly stand up and stretch
- ▶ Use ergonomic tools that prevent stress on muscles and tendons
- ▶ Wear shoes that prevent slipping, so you don't end up trying to break your fall with your hands

HOW CAN HAND THERAPY HELP?

Hand therapy is a form of occupational therapy. Therapy Solutions offers that can reduce your overall risk of sustaining a hand injury, as well as help you recover if you've been hurt.

This form of therapy focuses on treating orthopedic upper-extremity issues to optimize the functional use of the arm and hand.

Hand therapy is used to treat several conditions surrounding the upper extremities, including but not limited to:

- ▶ Sprains/strains
- ▶ Fractures
- ▶ Amputations
- ▶ Carpal tunnel syndrome
- ▶ Lacerations
- ▶ Lymphedema
- ▶ Contractures
- ▶ Scar management
- ▶ Arthritis
- ▶ Sensory re-education after nerve injury

A Therapy Solutions hand therapist can work to help manage or alleviate acute or chronic pain you may be experiencing. They can also create customized splints for the prevention or correction of injuries.

If you're planning on getting outside this spring to do some yard work and want to make sure your hands are up to the challenge, hand therapy at Therapy Solutions is an excellent option to consider.

TAKE CARE OF #1 THIS SPRING

Occupational therapy goes beyond addressing and preventing injuries. Therapeutic intervention takes into consideration all of your functional needs and implements activities to promote psychological well-being!

If you want to begin improving your quality of life and ability to do the things you love, schedule an appointment with Therapy Solutions today to learn more about the benefits of occupational therapy, and how it can change your world for the better.



TAKE YOUR LIFE BACK.

For more information about how Therapy Solutions can help you, visit our website at therapy-solutions.net.



MINDFULNESS SERIES: PART 3

In this 4 part series we will provide a simple exercise every month, for the next four months, to help you be present in the moment. Exercise #1 was Waiting in Line. Exercise #2 was Meal Time. This is Exercise #3.

Driving In The Car

There are so many things that can happen while sitting in the car that take us out of the present moment. We can be frustrated, bored, angry, or distracted.

Instead, use this time as another gift for your mind and brain. When I sit in the car and grip the steering wheel, I let this be my first reminder to pay attention to what is in my physical space. I feel the steering wheel with full attention, and then my seat, my legs, and my feet on the floor and pedals. I look around and see everything around me. Take note of any thoughts or feelings you have inside of you as you begin your drive. As you progress, take note of any additional thoughts and feelings that arise while you are driving.

No manner of thinking will change your circumstances, except to make you distracted, which can become a liability. If traffic builds, there's nothing you can do by frantically worrying about being late somewhere. By paying attention to your steering wheel, you convince your brain that there's no fire to put out- that you're safe - and you don't initiate your flight or fight system. In this "safety" mindset, you can actually think with more clarity and creativity. This is when you might realize there's an alternate route, or you might think to pull over to let someone know you will be late. If someone cuts you off, your anger will do nothing to change the situation. Again return your focus to your physical surrounding.

I hope you have been enjoying the Mindfulness Series. For more information on turning off your "faulty alarm system" to prevent fight, flight or freeze, contact Therapy Solutions at 701-483-1000 to Take Your Life Back!



STAFF SPOTLIGHT

APRIL IS OCCUPATIONAL THERAPY MONTH

L to R, Above: Terry Halverson, Eric Halverson, Jared Erie, Adrienne Belland. L to R, Below: Miranda Kuhn & Haylee Peters (Not Pictured: Sondra Kolling)

We would like to celebrate our OT staff for the life-changing work they do! In the words of Valerie Pena, occupational therapy helps turn "hopeless into hope, can't into can, and impossible into possible."

Thank you to our amazing OTs for assisting individuals across the lifespan to facilitate independence, overcome barriers, and reach their utmost potential. Your patience, passion, and dedication are greatly appreciated!



APRIL 27TH IS ADMINISTRATIVE PROFESSIONALS' DAY!



L to R: Marcaill Allerdings, Mackenzie (Grubbs) Berg, Nevaeh Wandler

We would like to take a moment to recognize our remarkable front desk staff. These individuals are our gatekeepers, problem solvers, and all-around office heroes. Thank you for all your hard work, tireless effort, and endless enthusiasm. We appreciate you today and every day!