

# NEWSLETTER



SEPTEMBER 2022

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Meet The Newest Members Of Our Team!

### CLIENT SUCCESS SPOTLIGHT

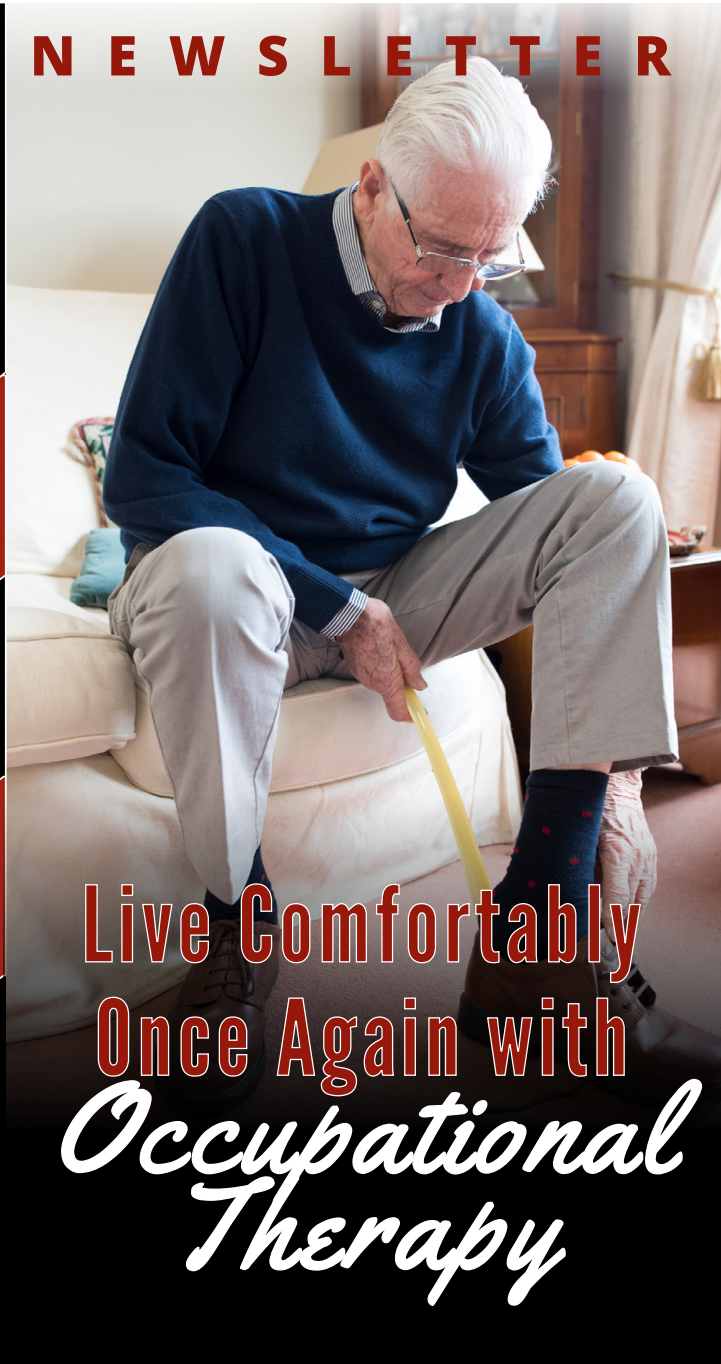
Learn More About WSI Ergonomic Initiative Grant

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Live Comfortably  
Once Again with  
*Occupational  
Therapy*

## LIVE COMFORTABLY ONCE AGAIN WITH *Occupational Therapy*



Are you recovering from a recent injury or surgical procedure? Are you living with a chronic condition that causes constant discomfort? Whatever the case may be, occupational therapy can help improve your health. At Therapy Solutions, our occupational therapists can help you restore your function and teach you the skills to manage your daily activities.

Occupational therapy helps people from young to old do the things they want and need to do. This kind of therapy works with people of all ages to live their life to the fullest by promoting health and/or living with injury, illness, or disability.

Occupational therapists (OT's) treat injured, ill, or disabled patients with the therapeutic use of everyday activities. By implementing strategies to help patients recover, improve, learn and maintain the skills needed for daily living and working duties. If you are experiencing discomfort, contact Therapy Solutions today for more information.

### **What conditions are treated by an occupational therapist**

The word "occupation" is used to describe activities of daily living,

instrumental activities of daily living, health management, rest and sleep, education, work, play, leisure, and social participation.

Occupational therapists work with people to address their physical, cognitive, psychosocial, and sensory-perceptual limitations. OT aims to help improve a person's performance and engagement in occupations that affect physical and mental health and quality of life.

OT's work with elderly patients and teach them techniques to make completing daily tasks, such as dressing, eating, and bathing, much more manageable. In addition, we also help patients improve their fine and basic motor skills, strength, dexterity, and range of motion.

Occupational therapy focuses more closely on hand, elbow, and wrist pain relief. Some common conditions we treat with OT, through our specialized hand therapy services, include:

- ▶ Carpal tunnel syndrome
- ▶ Arthritis
- ▶ Burns
- ▶ Nerve injuries
- ▶ Fractures
- ▶ Tendinitis

The medical conditions that occupational therapists often treat include the following:

- ▶ ADHD
- ▶ Chronic pain
- ▶ Stroke
- ▶ Diabetes
- ▶ Spinal cord injuries
- ▶ Brain injuries
- ▶ Multiple sclerosis

## CLINIC UPDATE

Everyday personalized activities that people do as individuals, in families, and with communities to occupy time and bring meaning and purpose to life. Occupations can involve the execution of multiple activities for completion and can result in various outcomes.

Whether you're dealing with an old or new issue, conservative care of an occupational therapist is one of the most effective ways to treat pain and injury. The goal of rehabilitation is to help you regardless of your current condition or the setting you need assistance in. We will help you participate in the activities you need and want to do.

### What to expect occupational therapy visit

Occupational therapy is more than just addressing an injury. At Therapy Solutions, our dedicated therapists focus on the functional needs of each patient by implementing specific exercises and activities that promote physical and psychological well-being.

We will perform a thorough evaluation, determine the best course of action, and implement the strategies to ensure a positive outcome. We may also include evaluating your home and other environments (i.e., workplace, school) and making recommendations for adaptive equipment and/or training to fit your needs.

Our team will implement compensatory techniques to help you perform tasks in an alternative manner or by using adaptive aids to be more independent. We can also use compensatory strategies to help you learn new tasks when your abilities and current situation dictate a new way.

Occupational therapists use a holistic perspective, focusing on adapting the environment to fit the person. You will feel better emotionally when you can comfortably engage in essential activities. This unique approach makes occupational therapy a vital part of your health care.

### Call to schedule an appointment

Whether you are looking for relief, looking to prevent an injury, or simply improving your physical function, occupational therapy is here for you. Our skilled OT's will work closely with you to help you reach your goals! If you're ready to get started on the path toward improved health, contact our office today



### Haylee Peters, MS, OTR/L

I recently attended the Power Lymphatic Symposium. The course was put on by national and international lymphatic experts that gave up to date research and tools that are used to treat/manage lymphedema and lipedema. The course also had a focus on head and neck lymphedema, pelvic cancers and breast cancer. The exhibit hall was full of retailers who had the latest compression garments/supplies, compression pumps and mastectomy bras and apparel.

*A few takeaways from the course that could benefit you...*

- ▶ Early detection is key to treatment and management. Know the symptoms of lymphedema and consult with your physician as soon as you see or notice a change.
- ▶ There is no cure for lymphedema but it can be controlled with proper compression when diagnosed at an early stage.
- ▶ Treatment and management of lymphedema is time consuming and expensive, requiring the patient to consistently wear a compression garment, modify activities/lifestyle, perform good skin hygiene, and perform self massage or exercises.

Call Therapy Solutions to start your lymphedema journey today where we complete manual lymphatic drainage, multi-layered bandaging, compression pumping and assist you in getting a compression garment.



**For more information about how Therapy Solutions can help you, visit our website at [therapy-solutions.net](http://therapy-solutions.net).**

Learn more by visiting our website at [Therapy-Solutions.net](http://Therapy-Solutions.net) or schedule your consultation today by calling 701.483.1000!

# TCS/KHS PARTNERSHIP



Therapy Solutions is proud to partner with Trinity Catholic School and Killdeer High School to provide Sports medicine coverage at all athletic events, weekly wellness checks on student athletes, Impact testing for baseline and post injury concussion care. Good luck to THS and KHS as they begin their fall sports season!

## WSI ERGONOMIC INITIATIVE GRANT

"I just wanted to send a big thank you to Therapy Solutions for your tremendous work in helping my business in successfully attaining several WSI ergonomic grants. Your willingness to work around my schedule, professionalism and knowledge about the program has helped us to purchase many items that have greatly improved our work environment. I highly recommend your business to anyone looking into the grant program!" — **Marlo Nelson, Country Kitchen**

*If you would like more information about the WSI Ergonomic Initiative Grant, please contact Doug Jilek, Occupational Health Manager, at 483-1000.*

# STAFF SPOTLIGHT



We would like to welcome Kellee Martin to our Therapy Solutions Team!

Kellee started with us in June as a clinic receptionist. She has an Associate's Degree in Allied Health and previously worked in several nursing homes. Her

favorite thing about working at Therapy Solutions is having coworkers who are positive and make the workday enjoyable. She also finds her interactions and conversations with the clients and their families to be very rewarding.

Kellee is originally from Gladstone and currently resides in Dickinson with her 6-month-old golden retriever/yellow lab mix named Remmee. In her free time, Kellee enjoys drawing, painting, watching movies, cooking, and baking.



We would like to welcome Katie Lefor to our Therapy Solutions Team!

At this time she is not accepting new patients. Katie's role will be to help with the supervision of the mental health team. Katie is a Licensed Professional Clinical

Counselor and has been in the field for 12 years. She started working for us part-time as a supervisor in June. Katie has a Bachelor's Degree in Psychology and a Master's Degree in Counseling, both from NDSU. Her favorite thing about working at Therapy Solutions is the friendly atmosphere and the great people to work with.

Katie is originally from Taylor and now resides in Dickinson with her husband Zared and three children: Emma (9), Emerson (7), and Easton (3). They also have a double doodle dog named Chester. In her free time, Katie enjoys running, biking, baking, and playing board games with her kids.