NEWSLETTER

NOVEMBER 2022

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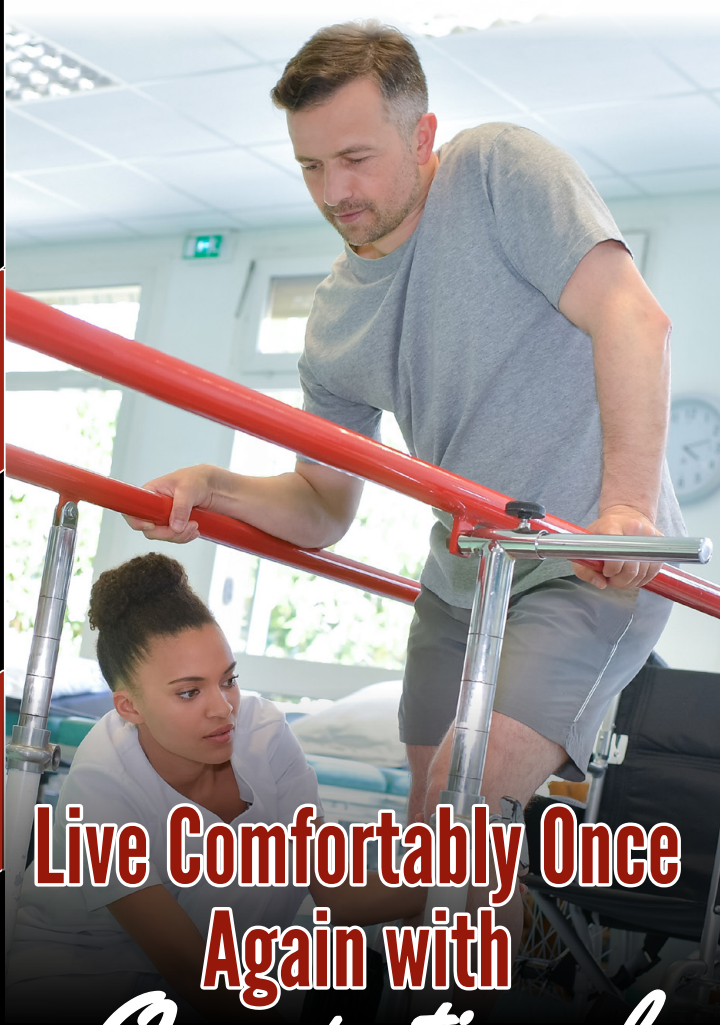

Live Comfortably Once Again with Occupational Therapy

Therapy Solutions
TAKE YOUR LIFE BACK.
NEWSLETTER

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 (OTs) 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.

OTs work with elderly patients to 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

Everyday personalized activities that people do as individuals, in families, with communities and to occupy time 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 AT AN 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 OTs 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!

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

3 HACKS FOR DEALING WITH HURTFUL PEOPLE

Step One: Clarify and Do Over

The first step in addressing another person's criticism is not to take offense or even to respond to what they said but rather clarify. When you feel criticized, picked on or attacked by someone, the first thing to do is say, "I'm sure you didn't meant to come off as hurtful, but something about the way you said that really seemed hurtful. Can you say that again so I can hear what you're trying to tell me?" Give them the opportunity to say it again, this time more thoughtfully.

Step Two: Don't Ask Permission to be Offended

Sometimes, even after you've told a hurtful person how much they've hurt you they react by denying it. "I didn't mean anything!" Don't fall into this trap. The best response is to say, "Listen, I'm not asking you permission to be offended by you. I'm telling you that what you said was hurtful. If you want me to hear what you are really trying to say, you're going to need to say it again." Then leave it to them.

Step Three: Build Good Fences

If your attempts to clarify and be respectfully assertive are not effective, it's time to set some boundaries. Limit your relationship to those places or contexts where the person is less likely to be hurtful. Do they do better in public? On the phone? For shorter visits? Limit the time you spend with them to these contexts as much as you can. If they complain, simply say that you'd love to get more time with them but in order to do that, they'd need to be more sensitive about the ways they speak to you.

If you struggle setting boundaries with a hurtful person, contact Therapy Solutions to visit with one of our therapists and Take Your Life Back!

BOSS'S CORNER

Greetings! We are blessed to be surrounded by communities that open their doors and allow us to become part of their healthcare families. In 2012, we started a partnership with Hilltop Home of Comfort in Killdeer. Fast forward 10 years and we are in the final phase of construction of a new outpatient facility. This additional space will allow us to expand our services to further compliment the healthcare needs of the Killdeer community. We plan to relocate to our new facility in early December. During this time, I hope you are able to give thanks and find blessings with all those that have been present in your lives this past year.

Happy Thanksgiving! ***— Jared***

CLIENT SUCCESS STORY

"Therapy solutions is a wonderful place to help better your mental health. The staff are always friendly and helpful. The therapist I saw (Brenda) was extremely helpful in getting me the tools I needed and always encouraged and helped me in the right direction. I highly recommend anyone looking at these reviews to go here!" ***— Casey S.***

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TAKE YOUR LIFE BACK.

STAFF SPOTLIGHT: FOOTBALL POTLUCK

On September 13th, we held an employee potluck to celebrate the start of the football season. The theme was to "bring a dish that starts with the first letter of your favorite NFL football team." For example, you could bring Donuts OR Lemonade if your favorite team was the Detroit Lions.

Here were some of the staff's creative contributions:

- **Adrienne Belland:** Colt's Caviar (Indianapolis Colts)
- **Eric Halverson:** Forty-Niners Fry Bread (San Francisco 49ers)
- **Rachel Kottsick:** Minnesota Monster Cookie Bars (Minnesota Vikings)
- **Russ Fast:** Kit Kats and Cucumbers (Kansas City Chiefs)
- **Shawntaya Mickens:** Sliders/Sandwiches (New Orleans Saints)
- **Sierra Burgess:** Mexican Velveeta Dip (Minnesota Vikings)
- **Terry Halverson:** Minnesota Monkey Bread (Minnesota Vikings)
- **Tori Nelson:** Caramel Apple Bites (Arizona Cardinals)
- **Victoria Kuntz:** Chocolate Cookie Dough Dip (Dallas Cowboys)

Some of the diehard fans also wore their favorite team's jersey!

Eric Halverson (Occupational Therapist) proudly represented the San Francisco 49ers.

Shawntaya Mickens (Billing/Coding Specialist) proudly represented the New Orleans Saints.