



APRIL 2023

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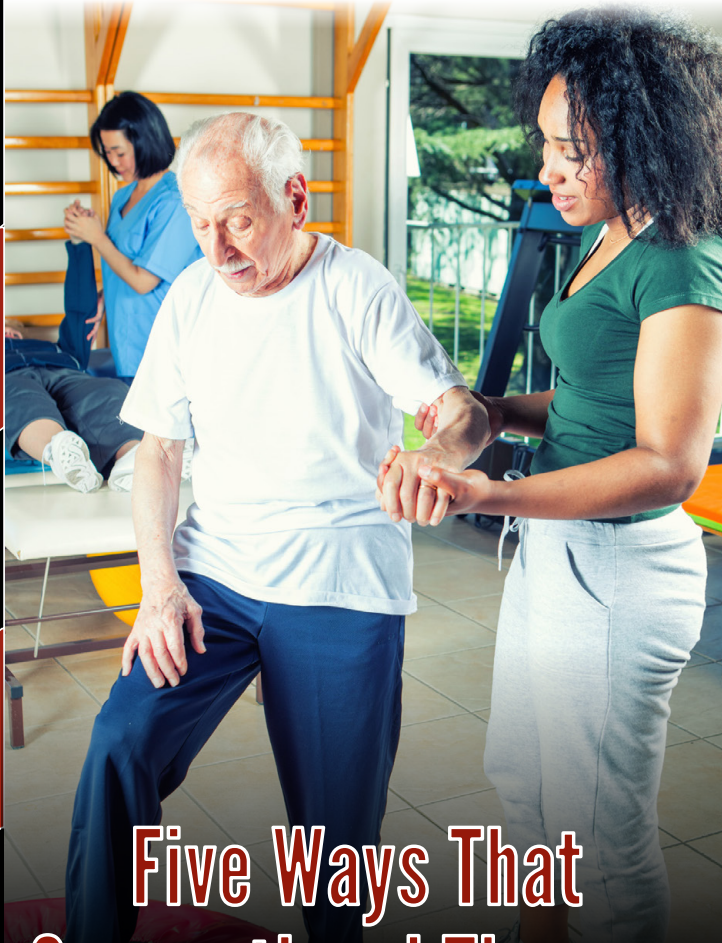
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# Therapy Solutions

TAKE YOUR LIFE BACK.



## Five Ways That Occupational Therapy Can Benefit You

# FIVE WAYS THAT OCCUPATIONAL THERAPY *Can Benefit You*

*HOW OCCUPATIONAL THERAPISTS HELP  
PATIENTS RELEARN AND MAINTAIN  
EVERYDAY SKILLS*



Are you living with a condition or injury that's left you struggling to complete day-to-day tasks, like getting dressed, cooking meals, or working on your computer? Then you would likely benefit from the occupational therapy services offered by Therapy Solutions!

Occupational therapy is similar to physical therapy in that both fields focus on helping people to perform certain movements. However, occupational therapists specifically focus on movements related to daily activities.

April is National Occupational Therapy month, and this April, Therapy Solutions wants to celebrate by sharing some of the ways that occupational therapy benefits our patients. If you want to learn more about how occupational therapy might help you, call us to schedule an appointment today!

## **THE ROLE OF AN OCCUPATIONAL THERAPIST**

The "occupational" in "occupational therapy" doesn't refer to work but to any daily activities, ranging from hobbies to tasks around the house. The occupational therapists at Therapy

Solutions will help you adjust after an injury, surgery, or major illness so you can live your happiest, healthiest life possible.

Occupational therapy often focuses on fine and basic motor skills. For example, our therapists might help you to safely navigate around your home or show you modifications to work your television remote. And because we focus on day-to-day functionality, we can also help with pain in the upper extremities: your hands, wrists, and elbows.

## **FIVE CONDITIONS THAT BENEFIT FROM OCCUPATIONAL THERAPY**

Several physical, sensory, or cognitive issues can benefit from occupational therapy. If you're struggling with any of these conditions, one of the occupational therapists at Therapy Solutions may be able to help!

**Carpal Tunnel Syndrome:** Carpal tunnel syndrome is a common ailment that can cause pain, numbness, or tingling in the wrist and hand. Because it's often treated with surgery, many people seek occupational therapy as part of their rehabilitation process so they can relearn the fine motor skills necessary to return to regular activities.

However, occupational therapy can also help those with carpal tunnel syndrome avoid surgery altogether by providing gentle exercises, splinting, and massage, all designed to relieve pain in the condition's early stages.

**Arthritis:** Arthritis refers to a group of related conditions affecting the joints, leading to pain, swelling, stiffness, and diminished range of motion. Because our joints are so crucial to movement, arthritis can make it much more challenging to complete daily tasks.

If you're struggling with arthritis, our team of occupational therapists can help you by providing relief from pain and inflammation while also working with you to regain self-sufficiency.

**Strokes:** A stroke occurs when the blood supply to the brain is interrupted or reduced, preventing brain cells from receiving necessary oxygen. Most stroke patients will have a recovery period ranging from a few weeks to years.

Occupational therapy is crucial to helping stroke patients during their rehabilitation. Because strokes affect sensory and motor functions, returning to life before the stroke can be challenging. Our therapists can provide practical strategies for adapting to life after a stroke and guide you through simple exercises to help retrain your muscles for everyday tasks.

**Fibromyalgia:** Fibromyalgia is a chronic pain condition defined by its various symptoms, including pain and stiffness throughout the body, fatigue, disruptions to sleep, headaches, and cognitive issues.

In addition to pain management, our occupational therapists can help you manage the realities of living with a chronic condition like fibromyalgia. We'll help you develop daily routines to ensure you're completing necessary tasks and work with you to establish gentle exercise and mindfulness routines to combat fatigue and depression symptoms.

**Burns, sprains, and other injuries.** Our occupational therapists can also help you recover from injuries, particularly injuries to the hands or arms. For example, if you're struggling to navigate the house with a cast, we can show modifications to help you complete your daily chores without hassle. We'll also help you regain strength and mobility in the affected area as you heal.

**CALL THERAPY SOLUTIONS TO MAKE AN APPOINTMENT TODAY!**

If you're living with these or any other condition that might benefit from occupational therapy, call us to schedule an appointment today. No matter what condition you're experiencing, our team of therapists will help you find self-sufficiency in your daily life!



## PING-PONG AND PARKINSON'S

When we play ping-pong (or table tennis), the areas of the brain that are activated are the same areas Parkinson's Disease affects the most. It's a combination of two elements: cognitive thinking and movement—tracking where the ball is going and hitting the ball at a rhythmic pace.

Exercising these brain quadrants by playing ping-pong has resulted in a national phenomenon to treat the commonly diagnosed neurological disorder. Nonprofit organizations across the nation have started to fight this disease one game at a time—with the help of volunteer players of all skill levels and ages, of course.

Parkinson's patients say this "therapy" has opened them up to new experiences in life, noting that each game can start out taxing—due to physical tremors and mental frustrations—but, after around fifteen minutes of determination, their symptoms dramatically subside and will remain subsided for about three days after each game.

It doesn't matter if you're nine years old or ninety—if you're looking for something to do this winter, consider volunteering at your local ping-pong Parkinson's tournament and help decrease one person's tremors while enhancing your own cognitive, social, and physical abilities.

**THANK YOU FOR VOTING US BEST:**

**BEST COUNSELING CENTER**  
**BEST OCCUPATIONAL & PHYSICAL THERAPY**  
**BEST COUNSELOR - Brenda Erie**  
**BEST SPEECH LANGUAGE PATHOLOGIST - Maria Frank**

**2018** BEST COUNSELOR  
**2019** BEST COUNSELOR  
**2020** BEST COUNSELOR  
**2021** BEST COUNSELOR  
**2022** BEST COUNSELOR  
**2023** BEST COUNSELOR

**Therapy Solutions**  
TAKE YOUR LIFE BACK.

**1679 6th Ave W, Dickinson**

To schedule appointments in any of our locations call:  
**701.483.1000**

<b>Killdeer Clinic</b> *Temporary Location 215 Central Ave SE Killdeer, ND	<b>Dickinson</b> 1679 6th Ave W. Dickinson, ND	<b>Richardton Clinic</b> 212 3rd Ave W. Richardton, ND
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**therapy-solutions.net**



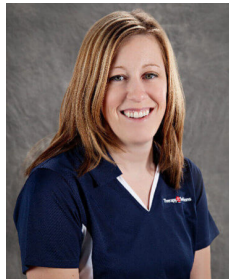
## GOOGLE REVIEW CONTEST WINNER



Thank you to everyone who participated in our Google Review Contest in January and February. We are pleased to announce the winner of the drawing is... Karen Rowe!

***Congratulations, Karen, on your new Weber Traveler grill!***

## STAFF SPOTLIGHT: JESSIE BINSTOCK



Jessie Binstock (Physical Therapist) was recently honored at the ND State Girls Class B Basketball Tournament in Minot. 25 years ago, Jessie helped lead her high school basketball team, the Velva Aggies, to an undefeated season and their first state championship!

Jessie averaged double figures in scoring during the 1998 season and was a finalist for the NDAPSSA Miss Basketball Award. She was also named to the All-Tournament team after cruising to a 68-50 win against Watford City to complete the undefeated season at 28-0 and bring home a state championship trophy. The 1998 undefeated girls basketball season remains one of Velva High School's most revered athletic team achievements.



## WRITE YOUR OWN SUCCESS STORY!

The best way to help others in our community is by leaving a Google review.

### INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did!



## ADMINISTRATIVE PROFESSIONALS' DAY



April 26th is Administrative Professionals' Day. We would like to take this opportunity to thank our front office staff for all they do to keep our clinic running smoothly. Their teamwork is evident each and every day... sometimes even in the way they dress!

Thank you, Marcail, Nevaeh, and Kellee! We appreciate your hard work, dedication, and enthusiasm, day in and day out.