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## **Occupational Therapy**

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The primary goal of occupational therapy is to prepare a patient to return to a working environment. The therapeutic approach is designed to help the patient meet the physical, social and mental requirements of their job and daily living responsibilities. Occupational therapists are health care professionals trained in occupational therapy. The occupational therapist (OT) works to help the patient overcome disabilities with adaptive skills and training or they provide an instructive role to prevent future injuries through work and lifestyle training. The OT may provide training for the use of a wheel chair, or crutches and create custom bracing and splint fabrication for support and help reduce functional limitations. The OT is trained to assess potential and actual disability or safety issues and provide an adaptive work-around for any task. OTs help all ages of patients with activities of daily living and work.