

# Occupational Therapy can help in the following areas:

## Activities of Daily Living (ADL'S)

Completing, re-learning, or adapting techniques for every day activities such as eating, bathing, dressing, toileting, grooming and transferring.

## Cognitive Skills/Mental Health

Reality orientation, problem solving, judgment, safety concerns with ADL's, memory, self-initiation, coping, living alone and/or driving.

## Positioning

Positioning within patient's every day environment as in bed, wheelchair and/or everyday chairs. Modifications to promote transfer independence, safety, skin integrity and functional positioning for daily activities.

## Home Management

Completing, re-learning, or adapting techniques for skills required to complete basic cooking, laundry, cleaning, money management, mobility and safety tasks necessary for independent living.

## Pre-Driving Assessments

Assessment of skills required for safe driving in the following areas: visual perception, problem solving, attention span, motor skills, vision, cognition, and safety.

## Home Assessments

Evaluation within patient residence to assess patient level of independence and safety. Recommendations made and adaptive equipment issued to maximize patient function.

## Splinting

Assessment, fabrication, and instruction for upper extremity custom and pre-fabricated splints. Utilized for maximizing joint ROM, joint stabilization/ protection and/or to decrease debilitating symptoms.

## Visual/Perceptual Skills

Assessment of limitations in vision, depth perception or spatial awareness. Training of residual vision, adaptive devices, modifications to environment and/or compensatory training.

## Assistive Devices/DME

Equipment recommended to increase safety and independence for activities of daily living, work, and or leisure activities.

## Upper Body Function

Individual treatment to increase coordination, strength, endurance, sensation, joint range of motion. Instruction in energy conservation and edema management. Treatment to minimize pain, paralysis and/or subluxation in order to maximize patient return to functional activities. Special emphasis on hand function and rehab.

## Lymphedema

Treatment to minimize edema of any extremity through individualized techniques in manual lymph drainage, wrapping/compression garments, therapeutic exercise and/or sequential pump.

## Pain/Posture

Holistic approach to increase function of the upper quadrant with reductions of symptoms through manual techniques, movement patterns, postural and ergonomic modifications.

## Myofascial Release

Gentle, noninvasive manipulation techniques used to aide in pain management, headaches, fibromyalgia, ADD, developmental delays, and decreased range of motion.

## Instrumented Assisted Soft Tissue Mobilization (IASTM)

An advanced soft tissue release indicated for soft tissue fibrosis, tendonitis, scar adhesions, and trigger point reduction.

*For more information or to send a referral, please call (319) 352-5644.*

### Nashua Therapy

80 Amhearst Blvd, Suite 300  
Nashua, Iowa  
Phone: (641) 435-4476  
Fax: (641) 435-4003

### Waverly Health Center

312 9th Street SW  
Waverly, Iowa 50677  
Phone: (319) 352-5644  
Fax: (319) 483-4004

To learn more about all of our specialty services or to receive our newsletter via e-mail visit us on the web at [www.taylorphysicaltherapy.com](http://www.taylorphysicaltherapy.com)

## Addressing Parkinson's Disease

Parkinson's disease (PD) is a progressive disorder of the central nervous system that affects more than 1 million men and women in the United States. It is caused by degeneration of neurons in the brain that results in muscular rigidity, tremors, slow movement, poor balance, and problems walking. There are many non-motor symptoms that persons with Parkinson's must also deal with: pain, dementia, sleep disturbances, constipation, depression, fear/anxiety, memory difficulties, loss of energy, and compulsive behavior.

As the American population ages, the frequency of Parkinson's disease will likely rise, and some doctors predict as much as a fourfold increase within the next few decades. Parkinson's disease is a major public-health risk, as well as a serious threat to the well-being of individuals and families.

Although medication is often used to treat symptoms of Parkinson's disease, therapy intervention (occupational, physical, speech, music and counseling/support groups) can help a person maintain maximum function in his or her day-to-day routines and enable them to live meaningful lives.

### Occupational Therapy Can:

- facilitate a person's joint movement and maintain it
- improve dexterity and coordination

- develop and practice safe techniques for balance
- teach adaptive techniques to reduce tremor for improved hand function
- adapt handwriting techniques
- explore new ways of engaging in favorite activities
- recommend adaptive equipment
- suggest home modifications that may improve safety

### Physical Therapy Can:

- maintain or increasing activity levels
- decrease rigidity and bradykinesia
- optimize gait
- improve balance/motor coordination
- develop a regular exercise program
- teach exaggerated movements (high stepping)
- provide mobility aids or orthotics
- train transfer techniques

### Speech Therapy Can:

- use the Lee Silverman Voice Treatment (LSVT) to improve voice quality
- teach to use the "loud" voice as their own voice



and cue them to know the voice they think is loud is the right voice

Mary Ochoa, SLP, is the only speech therapist in the area certified in LSVT (LOUD). An occupational therapist and physical therapist will also be trained in LSVT (BIG) by the end of 2011.

### Other Services Available at WHC:

- Music Therapy - Stephen Orsborn, neurological music therapist
- Counseling - Jennifer Schneiderman, LISW GC-C

Waverly Health Center and Taylor Physical Therapy will assist people with Parkinson's and their caregivers to start a support group. Please share the enclosed flyer with anyone that may benefit from support. It is hoped through this next year, the Waverly Health Center and Taylor Physical Therapy Associates will become the most thorough, holistic Parkinson's treatment facility in the area.