



Body, Mind & Spirit

Occupational Therapists

Occupational therapists help clients of varying ages to resume engagement in daily and meaningful tasks. Occupational therapists take a holistic approach to treat clients in order to help them participate in leisure, work and every day activities. At Bay Area Rehabilitation Center (BARC), we treat a variety of population groups including, but not limited to, neurologic, orthopedic, musculoskeletal, and developmental disorders. BARC outpatient treats clients from three years old and older however; this article will specifically focus on the adult clientele. Each client has an individualized plan of care for optimal outcomes. BARC provides several different treatment options to provide quality services to our clients.

Assessments: Occupational therapists conduct a thorough evaluation and assessment of each client to determine how to provide the best care. Common adult diagnoses include the following:

- Rotator cuff injury/shoulder injury
- Carpal tunnel
- Radial tunnel
- Lateral/medial epicondylitis (also known as tennis elbow/golfer's elbow)
- Hand trauma
- Trigger finger
- Mallet finger
- Upper extremity fractures/sprains
- De quervain's tenosynovitis
- CVA/stroke
- TBI

- And so much more

Bay Area Rehabilitation Center is unique in the fact that we also provide home assessments to our clients when needed. This includes a complete assessment of the home setup to evaluate accessibility and client safety. Measurements are taken to develop appropriate modifications to the home in order to accommodate the client's needs. In addition, BARC also provides wheelchair evaluations. The client, therapist and wheelchair technician meet for an initial evaluation in order to request the most appropriate wheelchair for the client. This includes addressing postural alignment, utilizing accessories to reduce risk of contractures, and discussing options for client to improve independence with self-propulsion. Clients that may benefit from a wheelchair evaluation include clients who have had a stroke, unable to walk for long distances, and/or currently using a wheelchair/scooter that no longer fit appropriately. A well-fitted wheelchair will allow the client to increase their independence with mobility in order to engage in the home and community environment. A referral from the physician is required to complete evaluations.

Treatment: Our facility has many modalities available to treat clients including the following:

- Paraffin bath
- Ultrasound
- Heat pack
- Cryotherapy
- TENs/electrical stimulation

These modalities are used on various cli-

ents to manage and relieve pain. For clients with orthopedic injuries, BARC provides equipment including the following:

- Overhead pulleys
- Arm cycle
- Dumbbells
- Resistive bands
- Dowels
- Theraputty
- And so much more

The equipment is used to improve the function of the injured body part. Bay Area Rehabilitation also provides an indoor, heated pool and spa area. Post rotator cuff repair and other surgical shoulder repair clients may benefit from aquatic therapy. The heated pool helps alleviate pressure off of joints and allows for greater movements with less effort. Clients typically report less pain with movement in the water versus on land. In addition, the Center provides splint material, strapping and Velcro for occupational therapists to fabricate splints for those clients who present with various upper extremity injuries. For those clients who have had a stroke, brain injury or another neurological disorder, occupational therapists can help clients improve their independence with activities of daily living (ADLs). This includes restoring skills or educating client on compensatory strategies to increase independence with grooming, dressing, bathing, feeding and toileting. Clients and caregivers are educated by the occupational therapist so that they can use those skills in the home and community environment. Clients are also provided with written home exercise programs to follow at home in order to continue to work on skills that are addressed in therapy.

Why you should come to BARC: Overall, Bay Area Rehab provides great services for individuals seeking occupational therapy. The occupational therapists on staff are knowledgeable with both pediatric and adult diagnoses. The Center is open to clients ages three and up for all individuals who have a signed referral from a physician. BARC's mis-

sion is to "provide outpatient therapeutic, vocational, social skill training and recreational services for persons with disabilities or injuries and support services for their families." The Center strives to meet this mission every day to provide the best quality service.

Tosin Lee is a licensed occupational therapist who has been practicing since May 2015. Tosin is a double graduate from University of Florida, receiving her bachelor's degree in health science and her masters in Occupational Therapy. Tosin has previous experience in a specialized, inpatient rehabilitation hospital, working with clients diagnosed with CVA or TBI. Currently, Tosin works at Bay Area Rehabilitation Center where she has gained experience working with adult neuro, musculoskeletal and orthopedic population groups. Tosin believes her role as an occupational therapist is fulfilling because she is able to help people resume engagement in meaningful activities. ♦



5313 DECKER DRIVE • BAYTOWN, TEXAS • 77520

WWW.BAYAREAREHAB.ORG • (281) 838-4477



**QUALITY OUTPATIENT OCCUPATIONAL, PHYSICAL,
AND SPEECH THERAPY SERVICES SINCE 1948!**



CREATE A
Luxurious
LOOK THAT CAN BE
Tailored
TO ANY ROOM



Cienfuegos
CUSTOM CROWN
BAYTOWN LOCAL!
832-984-3493

