

Know Before You Go



The Basics:

- Tell your therapist about your:
 - Symptoms
 - How your injury happened
 - Test results
 - Job duties
 - Other doctor or therapist visits
 - What gives you relief for your symptoms
- Your therapist will make a treatment plan for you, which will include short-term, long-term and home goals in order to help you get back to work
- Visits are about 30 minutes to 1 hour

Questions or concerns?

Call 866.389.0211
to speak to a One Call
Representative.

Occupational therapy (OT) can help you to do everyday tasks after an injury or accident. Your therapist may ask you to exercise for strength and movement. Exercises may focus on and help you with problem solving, memory, organization and how your muscles respond to different tasks. Their goal is to help people to get better after an accident or injury, to get back to everyday activities such as getting dressed, driving or going back to work.

What to Expect

Your Evaluation:

- Arrive 15-20 minutes early to your first appointment for any paperwork
- Wear:
 - Comfortable, loose fitting clothing (preferably short sleeves)
 - No jewelry
- Bring:
 - A list of all medications you are taking
 - Any medical reports or test results about your injury
 - Any splints, braces, etc. being used
 - A photo ID
- Please follow your doctor's advice about medications
- Your appointment will be with a licensed occupational therapist and will focus on hand, wrist, arm, shoulder, or neck issues impacting your work ability

Follow Up Appointments:

- Go to all your appointments
- Make up any missed appointments
- Follow your home exercise program