

## INTERDISCIPLINARY TEAM TO TAKE CARE OF YOU

### PHYSIATRY

A physiatrist is a board certified physical medicine and rehabilitation physician, specializing in diagnosing, preventing, and restoring optimal function to individual's with injuries to the bones, muscles, tissues, and nervous system.

### OCCUPATIONAL THERAPY

Occupational therapy focuses on maximizing an individual's ability to regain their functional independence in activities of daily living at work, and community, while maintaining physical, cognitive, and emotional health.

### PHYSICAL THERAPY

Physical Therapy focuses on maximizing functional independence in the environment, home and work through the use of therapeutic exercise, manual therapy, gait training, balance training, and modalities.

### LYMPHEDEMA REHABILITATION

Lymphedema rehabilitation consist of individualized treatment for patients with swelling of body parts due to decreased transport of lymph fluid. A certified lymphedema therapist will develop a treatment intervention consisting of manual lymph drainage, bandaging, remedial exercise and skin care

### VESTIBULAR REHABILITATION

Vestibular rehabilitation refers to the treatment of patients who report episodes of vertigo and dizziness. Many of the cases involve vestibular (inner ear) disorders such as benign paroxysmal positional vertigo (BPPV), vestibular neuritis, acoustic neuroma and Menier's syndrome.

**PLEASE CALL FOR  
APPOINTMENTS:**

**1-855-37REHAB (73422)**

Each year, thousands of patients in Queens experience disorders of the bones, joints and muscles. The Orthopaedics and Rehabilitation team at New York Hospital Queens offers the community sophisticated, high-quality orthopaedic and rehabilitative care right here in Queens. The department's staff includes a growing team of full time physicians as well as voluntary attending orthopaedic surgeons.

**Our dedicated staff will work with each patient to develop a specific plan of care to help him/her return to work, recreational activities and maximize functional ability.**

A higher level of Orthopaedic  
and Rehabilitative care.

Right here in Queens.

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**NYHQ Center for  
Orthopaedics & Rehabilitation Medicine**

**163-03 Horace Harding Expressway  
Fresh Meadows, NY 11365**

**Phone: 1-855-37REHAB (37422)**

**www.nyhq.org**

New  
York  
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Queens

**DEPARTMENT OF ORTHOPAEDICS &  
REHABILITATION**

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Service you deserve.*

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## OCCUPATIONAL THERAPY

Occupational Therapists are licensed clinicians whom utilize therapeutic approaches to help clients of all ages improve their ability to participate in activities at home, work, or leisure.

At New York Hospital Queens, the outpatient occupational therapist focus on treatment of the upper extremity (hand, wrist, elbow, and shoulder) to improve functional use for daily activities. Through hands-on treatment, an appropriate exercise regimen, modalities, and home program, the client will regain strength, movement, and overall function.

Our dedicated staff will provide each client with a comprehensive assessment and examination to develop a specialized rehabilitative program to maximize function and prolonging your independence.



## ROLE OF OCCUPATIONAL THERAPY

**The goal of occupational therapy is to enable people to participate in their activities of every day life.**

### OUTPATIENT OCCUPATIONAL THERAPY TREATMENTS

- Activities of Daily Living (ADL) retraining
- Adaptive equipment training
- Coordination retraining
- Custom molded upper extremity splints
- Desensitization
- Edema management
- Energy conservation techniques
- Ergonomic or injury prevention training
- Fine motor and prehension activities
- Joint protection
- Manual therapy
- Therapeutic exercises
- Scar management
- Application of physical modalities (moist hot packs, cold packs, ultrasound, paraffin, fluidotherapy, or electrical stimulation)

### COMMON CONDITIONS TREATED WITH OCCUPATIONAL THERAPY

- Amputations
- Arthritis and rheumatic diseases
- Carpal Tunnel syndrome
- Crush injuries or trauma
- Dislocations
- Fractures
- Muscle strains, tears and avulsions
- Nerve injuries
- Neuromuscular diseases
- Pain, wounds, and scars
- Post surgical rehabilitation
- Sensory Impairments
- Strokes
- Tendon injuries
- Tendonitis
- Trauma



**Occupational Therapy may help you or a love one to live life to its fullest!**