



A Member of Cayuga Health System

Brentwood Physical Therapy
 10 Brentwood Dr, Suite A
 Ithaca, New York 14850
 (607) 274-4159
www.cayugamed.org



CC05M1G1XXXX.XX.14XXXX

Outpatient Occupational Therapy

AT OUR BRENTWOOD CLINIC



PHYSICAL THERAPY



A Member of Cayuga Health System



Welcome to Outpatient Occupational Therapy at Cayuga Medical Center's Brentwood Clinic

Occupational Therapy is a holistic comprehensive approach to rehabilitation that looks at a person's functional needs and roles within the context of home, work and leisure. The ultimate goal is the patient's return to participation in his or her daily activities. Occupational Therapists believe that real health can only be found when there is a balance of work, recreation and rest in your life.

Occupational Therapy (OT) is medically prescribed treatment covered by most insurances to improve or restore functions which have been impaired by illness or injury or where function has been permanently lost or reduced by illness or injury, to enable one to live life to the fullest.

Occupational Therapists provide:

- Evaluation of physical and psychological health along the age spectrum from children to seniors
- Task oriented therapeutic activities designed to restore physical/cognitive function
- Planning, implementation, supervision and adaptation of individualized therapeutic programs

Occupational Therapists help people living with a myriad of conditions: stress/anxiety, depression/mood disorders, arthritis, stroke, Parkinsonism, chronic fatigue, fibromyalgia, cancer, obesity, chronic pain, TBI, concussion, repetitive motion disorders, COPD, joint replacements, MS, complex regional pain syndrome, hand/upper extremity dysfunctions, generalized weakness, failure to thrive, cerebral palsy and developmental delays.

Occupational Therapy (OT) helps children with sensory processing, visual-motor/perceptual skills, fine/gross motor coordination, strength/stability, motor planning, self-care, and socialization.



Brentwood clinic



In addition, we provide:

- Joint Protection Techniques
- Energy Conservation Strategies
- Fabrication of Orthotics and Self-Help Devices
- Hand/Upper Extremity Rehabilitation
- Adaptive Equipment Instruction
- Cognitive Therapy and Cognitive Behavioral Therapy
- Household Management/Money Management
- Stress Management/Time Management
- Organization*Positivity*Mindfulness*Meditation*Therapeutic Yoga
- Pain Management (Physical and Psychological)
- Wheelchair Assessments
- Ergonomic Worksite Assessments
- Corporate Wellness Programs
- Custom Exercise Programs suited to the individual's unique medical history
- Recommendations for Effective Healthy Lifestyle and Sleep Improvement
- Driving Assessment
- Low Vision Therapy

Cayuga Medical Center's Outpatient Clinic is the only clinic in Ithaca that offers all three rehabilitative specialties: Physical, Occupational and Speech Therapies for your convenience should you need two or more services.