

# Occupational Therapy

*“When I came to PM&R’s OT clinic after a brain hemorrhage, I was unable to use my right arm, and suffered from aphasia due to my injury. I was so impressed how my therapist took the time to get to know me on a personal level and was so patient throughout the entire process. My experience was fantastic!”*

*– Cooper Pieroni*

For more information, or to schedule an appointment, please call **(585) 341-9000** or visit **PMR.urmc.edu**. We accept all insurances and have day and evening appointments available.

## Our convenient locations.

### Clinton Crossings

4901 Lac De Ville Boulevard  
Building D, Suite 250  
Rochester, NY 14618

### Strong Memorial Hospital

601 Elmwood Avenue  
Rochester, NY 14642



# About our Occupational Therapy Program.

UR Medicine Physical Medicine and Rehabilitation (PM&R) provides a full range of occupational therapy treatments for people of all ages – from infancy to older adults. We offer specialists for all types of therapy and for specific diagnoses to help you regain function in daily activities with increased confidence. Once we assess your condition, we provide outpatient treatments in one convenient location in the Rochester area. Whether you have a temporary or permanent impairment, we will provide you with a personalized therapy program to help you restore lost function and safely adapt to new circumstances, if necessary.

## Conditions we treat

Our occupational therapists have expertise in treating a wide range of injuries and conditions:

### Cumulative trauma

- Carpal tunnel syndrome
- De Quervains tenosynovitis
- Tendonitis
- Trigger finger
- Repetitive motion injuries

### Traumatic injuries

- Amputations/ Prosthetic training
- Brachial plexus injuries
- Burns
- Fractures and sprains
- Lacerations
- Peripheral nerve injuries

### Rehabilitative conditions

- Arthritis
- Cancer
- Cognitive deficits
- Concussion
- Lymphedema
- Neuromuscular conditions
- Neuropathies
- Spinal cord injury
- Stroke

## Treatment program

PM&R's experienced occupational therapists provide care for patients through:

- Comprehensive evaluation and assessment
- Targeted functional exercises
- Practice of real-life tasks
- Adaptive equipment and techniques
- Design and fabrication of splints
- Injury prevention techniques
- Education on home safety
- Work station assessment and ergonomic training
- Patient and family education programs
- A state-of-the-art clinic, complete with living skills areas to practice daily tasks
- Collaboration and communication with patients and primary care physicians/referring physicians
- Integrated concussion program
- Integrated cognitive rehab program

Our goal is to help you improve or adapt, depending on your capabilities, for a safe return to the most normal routine possible. Step by step, we work with primary care physicians so you can reach the highest achievable levels of function and independence.

