

**How to start OT services with
TruHealth Integrated Care:**

Discuss your concerns with your physician
and request a prescription for OT.

Orders should be faxed to (918) 281-8032.

For more information, please call us at
(918) 495-4110.



Occupational Therapy

Children, Adolescents & Adults



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(918) 495-4110
TruHealthMed.org

For more information call
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What is Occupational Therapy?

Occupational therapy (OT) is a therapeutic practice that focuses on helping people participate in their daily tasks independently. Occupational therapists use meaningful activities with specific goals to help people of all ages prevent, lessen, or adapt to disabilities.



Who might benefit from OT?

Anyone who has a condition that prevents them from fully participating in their daily tasks might benefit from OT. Here are some of the common conditions of those who receive OT services:

- ADHD/ADD
- Arthritis
- Autism Spectrum Disorder (ASD)
- Burn injuries
- Cerebral palsy
- Developmental delays
- Ehlers-Danlos Syndrome
- Fine motor delays
- Hypotonia
- Motor incoordination
- Neuromuscular conditions
- Orthopedic injuries
- Sensory processing difficulties
- Spinal cord injuries
- Traumatic brain injuries
- Visual impairments

What can OT help with?

OT is a holistic practice that covers a broad range of skills and activities. Areas that can be addressed through skilled OT treatment often include:

- Grooming + bathing
- Toileting
- Dressing
- Feeding
- Meal preparation + home management
- Social skills
- Leisure + play
- Fine motor skills
- Problem solving/cognition
- Visual perception
- Functional mobility
- Self-regulation + coping skills
- Executive functioning skills

