



***April is Occupational Therapy Month!***

**What is Occupational Therapy?**

Occupational therapy (OT) is a blend of mental, physical, and psychological exercises to enable patients to perform everyday activities. These tasks include basic activities such as driving, getting dressed, eating, and even walking! OT interventions commonly include helping adults with disabilities, mental health issues, or severe injuries that may impede their physical and cognitive capabilities. Occupational therapists with a specialty in geriatrics assist the elderly by analyzing the patient and finding out what might be best suited for their emotional, physical, environmental, and psychological needs.

**Ways an Occupational therapist can help:**

- Keeps Arthritis at Bay
- Increases Movement Range
- Improves Vision
- Boosts Memory & Cognitive Skills
- Helps coping with Chronic pain

**A Message From AOTA on  
COVID-19**

The continued spread of Coronavirus Disease (COVID-19) has sparked concern in the occupational therapy profession regarding practice, options for delivering quality therapy services and complying with new regulatory requirements while doing our part to “flatten the curve,” and academic requirements for educators and students.

We know that many practitioners, educators, and students are experiencing considerable unknowns and fears. While we do not have immediate answers to every question at this time, we do know this: we will get to the other side of this pandemic by using our innate problem-solving skills, by coming together to advocate for the continued value of occupational therapy, and by recognizing that this challenging time may create new opportunities for occupational therapy practice now and in the future. The COVID-19 situation is evolving rapidly, and we are evaluating and shaping direction daily. AOTA staff are working to explore your concerns, seek answers to your questions, and advocate on your

### **How to Stay Active During COVID-19:**

- Go for a walk or run: Getting some fresh air and going for a walk or run in an uncrowded location is a great way to get some exercise in. The CDC recommends 6 feet of distance between yourself and others, so make sure you choose a path or trail that allows for space.
- Do housework: Whether it's washing dishes, vacuuming, or dusting, the time spent on your feet and moving around can add up to a fully productive and active day.
- Have a dance party: It might not be the same as a traditional Zumba class, but all you need to get the party started is some good music that can get you moving. Dancing is a sure way to get your heart rate up!
- Living room training: Resistance training, range of motion, lunging and squatting can be done at home without the need of a gym or weights. Feel free to use resistance bands and/or free weights, if physically able, to perform upper body exercises. If you need guidance on getting started or making sure you have exercises that you can do safely, please call us at (703) 277-6611 for help.

### **UPCOMING EVENTS**

***COME AND JOIN US!!!***

- *Now offering TELEHEALTH for Physical, Occupational and Speech Therapy.*
- *All classes are on hold till further notice. Please call us for more information.*

### **THE VIRGINIAN OUTPATIENT REHABILITATION AND WELLNESS**

9229 ARLINGTON BLVD, FAIRFAX, VIRGINIA, 22031

TEL- 703-277-6611      FAX – 703-383-0206

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