

What is Occupational Therapy?

“Occupational therapy is the use of purposeful activity or interventions designed to achieve functional outcomes which promote health, prevent injury or disability, and which develop, improve, sustain or restore the highest possible level of independence of any individual who has an injury, illness, cognitive impairment, psychosocial dysfunction, mental illness, developmental or learning disability, physical disability, or other disorder or condition. It includes assessment by means of skilled observation or evaluation through the administration and interpretation of standardized or non-standardized tests and measurements.”

(AOTA, 1994)



Occupational Therapy Services



For further information and appointments, please contact:

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What is the Work of an Occupational Therapist?

Occupational Therapists work with individuals who have conditions that are physically, mentally, developmentally or emotionally challenging. Individuals with spinal cord injuries, cerebral palsy or muscular dystrophy are some of the types of people who need care and assistance with performance of daily living skills. The work of the OT involves training and assistance with basic living tasks like bathing, grooming skills and eating to more complex tasks like using a computer or cooking. They help train better performance of tasks at home and at work, and with greater independence.

OTs in fact, cover a lot of ground.

OTs also work with specific age groups that need more help, like older individuals who experience compromised motor skills in balance and coordination, or babies who have yet to develop them.

Occupational therapists also will guide patients in selecting and using adaptive equipments such as wheel chairs, walking aids, splints, and devices for feeding and dressing to make their lives more comfortable.

Who Will Benefit from Occupational Therapy?

Individuals with

- Work-related injuries including low back problems or repetitive strain injuries (RSI) like carpal tunnel and Dequervain's syndromes.
- Neurological diseases and disorders e.g. spinal cord injuries, multiple sclerosis, cervical myelopathies and weakness and contractures following a stroke.
- Arthritis and joint pains.
- Paediatric Disorders and developmental disabilities, including cerebral palsy, attention deficit disorders and children with learning difficulties.

- Burns.
- Amputees, especially assessment for aids and walking devices, wheelchair management and transfers.
- Orthopedic injuries, including tendon injuries and repair, fractures, rotator cuff injuries of the shoulder.
- Mental health or behavioral problems including Alzheimer's, Schizophrenia, and post-traumatic stress.



Occupational Therapy Services at SunMed is Comprehensive and Includes:

1. Evaluating, developing, improving, sustaining or restoring skills in activities of daily living (ADLS), work or productive activities, including instrumental activities of daily living (IADLS), play and leisure activities. This is done in collaboration with the individual, family and caregiver.
2. Assessment of and developing, restoring physical, sensorimotor, cognitive or psycho-social components of performance.
3. Designing, fabricating and applying assistive technology or orthotic devices, and training in the use of prosthetic devices.
4. Adaptation of environments and processes, including the application of ergonomic principles, to enhance functional performance and safety in daily living activities. This may also involve home visits.
5. Application of physical agent modalities in preparation for an occupational or functional activity, e.g. ultrasound, fluidotherapy & electrical muscle stimulation.

Specialist Areas of Occupational Therapy Services in SunMed

- Shoulder & Hand Rehabilitation, including tendon injuries and repairs, rotator cuff rehabilitation.
- Arthritis and joint pain management.
- Neurological Rehabilitation including Spinal Cord Injury Rehabilitation & Stroke Rehabilitation.
- Paediatric Rehabilitation (e.g. delayed developmental, learning disorders, ADHD).
- Burns Rehabilitation, including provision of pressure garments in prevention of contractures and scar tissue formation (keloids).
- Amputee Rehabilitation and walking retraining.
- Home visits and advice on adaptations.
- Assessment for, as well as guidance in, usage of adaptive and assistive equipments such as walkers, wheel chairs, commodes and mobility devices.
- Caregiver training to parents or caregivers so they can help patients to perform daily living activities with as much independence as possible.

