## Top Ten OT Trivia:

1. April is Occupational Therapy month
2. **Occupational therapy services are delivered in a variety of settings s**uch as schools, hospitals, rehabilitation centers, skilled nursing and assisted living facilities, and mental health clinics, as well as different specialty areas including hand therapy, pediatrics, acute care, post-operative care, lymphedema management, and neurological rehab and ergonomics.
3. **Occupational therapists have at least a four-year bachelor's degree**, and many have masters or doctorate degrees.
4. Occupational therapy began with the "moral treatment" movement of the 1800s, where therapists engaged mentally ill patients in purposeful daily activities. This "work cure" model, used by psychiatrists, physicians and social workers, created a new breed of practitioners — occupational therapists.
5. The profession came into its own during World War II as a means to treat soldiers with disabilities. The past five years have marked a resurgence in demand.
6. **The American Occupational Therapy Association (AOTA) was founded in 1917.** The historic roots of occupational therapy lay in the movement to reform mental health care at the turn of the 20th century, when it was shown that patients who engaged in "purposeful occupations" such as crafts and practical work experienced a more successful recovery.
7. Eighty-five percent of all certified hand therapists are licensed occupational therapists and have obtained specialized training to treat upper extremity injuries.
8. Occupational therapists are trained to design, select, fabricate and train on orthotics (splints) for patients with hand and upper extremity injuries.
9. Occupational therapy is a rehabilitation science that promotes health by enabling people to perform meaningful and purposeful activities and work with individuals who suffer from mentally, physically, developmentally or emotionally disabling conditions by utilizing treatments that develop, recover or maintain client’s activities of daily living.
10. Occupational therapists’ goals are always functional and enable you to” live life to the fullest”.
11. Occupational therapists can treat patients with repetitive injuries such as tennis elbow and carpal tunnel by providing patients with education to improve their knowledge for prevention and joint/muscle protection, manual therapy, and modalities to assist with pain management.
12. Home modification is an area of practice that has helped place occupational therapy among the fastest growing professions in the country.
13. The Bureau of Labor Statistics projects that employment in the field will increase by 26 percent from 2008 to 2018, outpacing the growth of computer engineers, psychologists, lawyers and financial analysts.
14. Often confused with physical therapy, occupational therapy covers a wide spectrum of interventions that help people with their daily activities. Many practitioners call it "the job of living."
15. OTs teach older adults with low vision to compensate with their other senses, give exercises to children with developmental delays to help them sit stably, retrain the physically disabled to take showers and aid veterans with post-injury rehab.
16. OTs can certify to become driver rehabilitation specialists, are being used extensively to help not only older adults but also new drivers with physical and neurological disabilities.
17. Occupational therapist treat children with physical disabilities or conditions such as autism or Asperger's," Tringali said and also treat performance deficits that would, perhaps, have been ignored 10 years ago."