

# OUR STORY

Indiana Physical Therapy, owned by three physical therapists, was established as an outpatient clinic in Bluffton, Indiana, in 1988. The owners recognized a need for high-quality outpatient rehab and expanded into the surrounding communities. Since then, IPT has grown to include twenty-one locations throughout Indiana, on-site athletic training, a sports performance program, and industrial site services. In addition to commitment to quality care, IPT is an active leader in the local communities. For over 30 years, IPT continues to remain privately owned, providing individualized care and maintaining the values upon which the company was founded.

We ♥ what we do  
and it shows!



Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. We promise to provide prompt and courteous service, ongoing health education, expertise, and rehabilitative services with real results at each of our clinics.

**CALL TO SCHEDULE AT ANY OF OUR LOCATIONS THROUGHOUT INDIANA:**

**FORT WAYNE AREA: (260) 209-2464**

**INDY AREA: (317) 449-2333**

**MICHIANA: (574) 931-2802**

**OPEN 7AM-7PM**

**ACCEPTS ALL INSURANCES**

**GUARANTEED APPTS WITHIN 24 HOURS**

INDIANA PHYSICAL THERAPY

# OCCUPATIONAL THERAPY



**INDIANA  
PHYSICAL THERAPY**

*Where people go to get better*

[WWW.INDIANAPT.COM](http://WWW.INDIANAPT.COM)

## WHAT IS OCCUPATIONAL THERAPY?

Occupational therapy (OT) is a skilled intervention that is intended for children and adults with health conditions that significantly affect their ability to manage their daily lives and need to regain their independence.

IPT's Occupational Therapists use the latest therapeutic techniques to help patients with physical and cognitive deficits perform activities of daily living (ADLs). We specialize in the evaluation and treatment of adults and pediatrics with a variety of conditions.

OT interventions may include helping children with disabilities participate fully in school and social situations, helping people recovering from injury to regain skills, and providing support for older adults experiencing physical and cognitive changes.

Occupational Therapists assist patients of all ages. When skill and strength cannot be developed or improved, occupational therapists offer creative solutions and alternatives for carrying out daily activities through purposeful adaptations.

## OCCUPATIONAL THERAPY TREATMENT

Occupational Therapy offers a wide range of therapeutic approaches including:

- Custom Upper Extremity Ortho Fabrication
- Activities of Daily Living (ADL)/Self-Care Retraining
- Instrumental Activities of Daily Living Retraining
- Adaptive Equipment Training
- Perceptual/Cognitive Retraining
- Strength Training
- Joint Mobilization
- Kinesiotaping
- Cupping
- Soft Tissue Mobilization
- IASTM/SASTM
- Range of Motion/Stretching
- Physical Agent Modalities
- Joint Protection Techniques
- Posture/Body Mechanics
- Energy Conservation Techniques
- Sensory Intervention
- Coordination/Dexterity Retraining
- Neuromuscular Re-education
- Visual Preceptual Retraining
- Handwriting Intervention
- Clinical Driving Evaluations
- Home Program Development
- NMES (Neuromuscular Electric Stimulation)

## WHO MAY BENEFIT FROM OCCUPATIONAL THERAPY?

- Tendon Injuries
- Crush Injuries
- Joint Replacements
- Orthopedic Conditions/Injuries to the Upper Extremity/Hand
- Arthritis
- Stroke
- Genetic Syndromes
- Cerebral Palsy
- Autism Spectrum Disorders
- ADHD/ADD
- Developmental Disorders
- Traumatic Brain Injuries
- Spinal Cord Injuries
- Burns
- Neuromuscular Disorders

**Whatever your diagnosis, our staff has a wealth of industry experience and knowledge to help get you through. If you are down due to pain, it's time to come see us!**

**INDIANA**  
**PHYSICAL THERAPY**

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ALL INSURANCES ACCEPTED

NO REFERRAL NEEDED