

Occupational Therapy

for Upper Limb Rehabilitation

Regardless of diagnosis, your hands and arms (upper limbs) are your most functional tools when doing daily activities. Through upper limb therapy, occupational therapists can help you work on purposeful everyday activities like eating, dressing, gardening and handwriting.

Upper Limb Therapy

For people with neurological injuries or conditions including:

- Stroke
- Spinal cord injury
- Acquired brain injury
- Cerebral palsy
- Multiple sclerosis
- Parkinson's disease
- Progressive neurological conditions.

Helpful for people experiencing:

- Weakness
- Pain
- Swelling
- Contracture or spasticity
- Subluxation
- Impaired sensation
- Reduced control and coordination.



Therapy Options

Your occupational therapist (OT) will assess your upper limb strength, movement and sensation. They will then recommend an upper limb therapy program which helps you reach your functional goals.

Therapy will include practising movement and everyday tasks. Repetition is important as it encourages neuroplasticity which is when the nervous system learns and repairs itself.

- Task specific training
- Joint protection including splinting
- Spasticity management
- Mirror box therapy
- Somatosensory rehabilitation
- Mental imagery
- Functional electrical stimulation
- Pain management
- Constraint induced movement therapy
- Virtual reality.

Team Approach

An occupational therapist and physiotherapist may take different approaches to upper limb therapy. An OT may focus more on daily activities while a physio may focus more on the body moving better.



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