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Occupational therapy

Occupational therapy aims to reduce the impact of disease or injury on an individual's ability to participate in daily life activities such as personal care, domestic tasks, work, sport and hobbies.

What does occupational therapy involve?

We will assess your physical ability to take part in daily activities and design a rehabilitation course to promote independence by teaching you how to adapt and compensate for any weaknesses or conditions you may have.

This service is available for both in-patients and out-patients. In addition, we offer paediatric occupational therapy for children 16 and under.

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Occupational therapists can also be involved in:

- Upper limb re-training and hand-related rehabilitation including joint protection
- Splint selection and application to immobilise and rest limbs; prevent deformity or promote function
- Scar management including measurement for pressure garments as required
- Cognitive assessment and rehabilitation
- Energy conservation, fatigue management and relaxation therapy
- Ergonomics and work simplification
- Discharge planning for patients at the end of their stay with us; this can include assessing your home situation and whether you need any modifications to be made or special equipment
- Wheelchair assessment and prescription
- Community support engagement, which can include referrals and discussions with your GP, district nurse, social services, community rehabilitation therapists, Macmillan nurses and wheelchair clinics

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Make an appointment

8am-8pm Monday to Friday
8am-2pm Saturday
Call our Contact Centre on
+44 (0)20 7460 5700

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Call the Contact Centre on +44 (0)20 7460 5700

We can take your call between 8am-8pm Monday to Friday, and between 8am-2pm Saturdays.



Let us call you back

Arrange for us to call you back at a more convenient time to discuss your needs.



Email the Contact Centre

Send us an email enquiry and we will get back to you.

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