

Physical Therapy vs. Occupational Therapy

Physical therapy works to restore the function of the back, neck, legs, shoulders, and the torso area. Physical therapist will often work with patients post-surgery and patients recovering from wounds.

Occupational therapy has a goal of getting their patients better able to participate in normal daily activities. The therapist will analyze the patient's current environment to help them identify which areas represent occupational barriers. They will look at several factors including mental, physical, and social factors that can help assist their patients with everyday living. Occupational therapists are involved in both cognitive training and physical training that is designed to improve the patient's ability to meet their general everyday life needs.