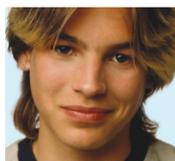




It seems like such a simple thing, but every time you move the mouse or your hand a certain way the pain is so sharp it forces you to stop being the productive, hardworking, get-it-done-now person you've always been, and that's the most painful thing of all.

This year, millions of Americans in all lines of work will get a painful reminder of just how much they depend upon their hands. They'll develop job-related injuries that will interfere with their work performance and their quality of life. Fortunately, these people will be in good hands if they receive occupational therapy as part of their treatment program. Studies show that occupational therapy shortens recovery time. And since it teaches people healthy, efficient ways to perform job and everyday life tasks, occupational therapy reduces the chance of re-injury. If occupational therapy can do all that for a hand injury, just think how it can help people who have had strokes and sports injuries and those with developmental disabilities and chronic illnesses. To learn more about occupational therapy and the career opportunities it offers, visit www.aota.org or e-mail educate@aota.org.

This could be the career for you!



OCCUPATIONAL THERAPY



You'd like to brush your hair if you could only raise your arm if you could just move the muscles so you could get out of bed so you could walk to the mirror like you used to every day without even thinking about it before you had the stroke.

After a stroke, major surgery or other illness, it can be a long road back. Occupational therapy can make the journey shorter and help to ease the frustration most people feel when they can't do things for themselves. Occupational therapy not only shortens recovery time, it helps people to become more self-sufficient by teaching them new ways to perform job and life tasks despite their physical disabilities. Things like making breakfast, brushing their hair, driving a car and earning a living. Along the way, they gain the confidence to get on with their lives. To learn more about occupational therapy and the career opportunities it offers, visit www.aota.org or e-mail educate@aota.org.

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OCCUPATIONAL THERAPY



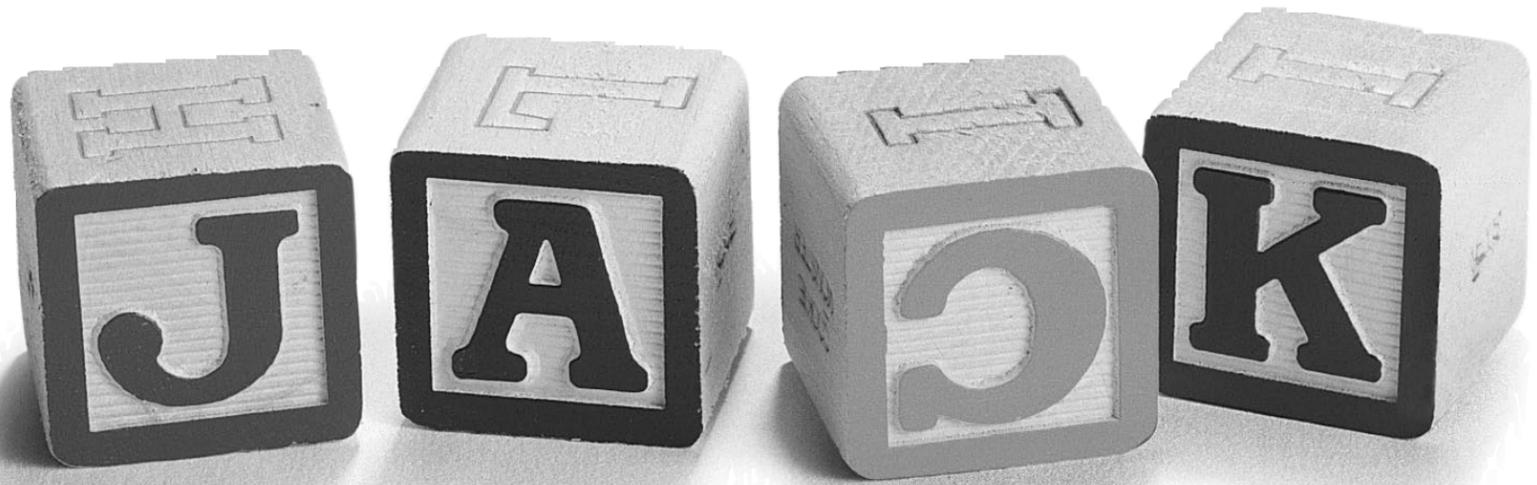
It used to be so familiar. If only he could remember what it is or how it works. But he just can't, no matter how hard he tries. It's like someone erased part of his brain, and he doesn't know where he is or who you are anymore ever since Alzheimer's disease took over.

Each time Alzheimer's strikes, it takes two victims—the individual and the family member primarily responsible for care. As the disease progresses and diminishes more and more of the individual's memory and abilities, everyday life gets harder and harder. Occupational therapy can help. It helps some people with Alzheimer's disease retain self-care and life skills longer. It also helps caregivers by teaching them new, safer and easier ways to perform all manner of care tasks. Occupational therapy lightens their burden and helps to protect them from injury and burnout. To learn more about occupational therapy and the career opportunities it offers, visit www.aota.org or e-mail us at educate@aota.org.

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OCCUPATIONAL THERAPY



Today, he'll stack one block upon another—eyes, fingers, nerves, muscles working together—never realizing that in this simple task he's laying the foundation for all those tomorrows when he'll spell his name, compose his first story, write his first love letter and before you know it a best-selling novel and then, of course, win the Nobel Prize.

Early childhood is such an important time for learning, skill development and growth. But not all children develop the same way. Some need extra help with motor control and coordination, eating, playing, dressing and other areas necessary for success at school and in life. Occupational therapy can help children who have developmental delays, birth or learning disabilities or other conditions to make the most of their abilities. With occupational therapy, children can learn creative, practical ways to live with disability so they can be as independent and competent as possible. To learn more about occupational therapy and the career opportunities it offers, visit www.aota.org or e-mail educate@aota.org.

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OCCUPATIONAL THERAPY