

FAST FACTS: Physical Therapy/Occupational Therapy

Physical Therapy (PT) and Occupational Therapy (OT) are types of rehabilitative care. PT focuses on restoring or improving movement, strength, and range of motion. OT aims to improve the motor skills you need to perform daily tasks.

✓ Physical Therapy (PT)

- Useful to assist with pain control following an injury or with long-term pain (chronic pain).
- Focuses on regular exercise and includes flexibility, aerobic, and strengthening exercises.
- Will include a series of visits to a physical therapist.
- You should also plan to practice the exercises directed by the PT at home for best results.



✓ Occupational Therapy (OT)

- Focuses on making adaptations to the work or home environment that make tasks easier.
- Because pain can impact your normal activities the OT may suggest assistive devices to help manage pain and make activities easier such as a cane or walker or a jar opener for joint pain, etc.

✓ What Else You Should Do

- Try a non-drug treatment and document the impact on your pain in your Pain Diary.
- Write down and share information about your pain with your healthcare provider.
- Use a [Pain Diary](#) to note important information useful to your healthcare provider.

Resources

1. Mayo Clinic (2018). Pain rehabilitation: *Nondrug options for managing chronic pain*. <https://newsnetwork.mayoclinic.org/discussion/pain-rehabilitation-nondrug-options-for-managing-chronic-pain/> Accessed 8/6/2022.
2. WebMD (2021). *Physical Therapy for Chronic Pain: What to Expect*. <https://www.webmd.com/pain-management/physical-therapy> . Accessed 9/19/2022.
3. WebMD (2021). *What is Occupational Therapy?* <https://www.webmd.com/pain-management/occupational-rehab> Accessed 9/19/2022.

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