

# Aria Occupational Therapy

Customized, Task-Oriented Care for Mind and Body

## Register Today!

Online registration for services is available. Sign up online via your ARIA NET account.

Registering online is a three-step process:

1. Go to the Aria website.
2. Create an ARIA NET username and password.
3. Click the Services link to get started.

You can also pay fees and track insurance payments online using your ARIA NET account.

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## Adaptation and Rehabilitation

Aria Occupational Therapy is a full-service occupational therapy practice with specialties in home-living adaptations and chronic-pain management. We offer a complete range of adult and pediatric services, as well as classes at our main office. We work with doctors and other healthcare providers to create customized plans for our clients. Common interventions include helping children with disabilities participate in school, and helping adults recover from acute injuries.

Our therapists start by asking, “What do you want to do?” Our goal is to help you achieve the goals that matter to you. We take a holistic perspective, focusing on adapting your environment to fit your needs. At the same time, we provide training to help you regain your independence.

See the complete list of services at the end of this newsletter, and discuss them with your healthcare provider. You can find more information online at our website. Create your own ARIA NET username and password, and then click the Services link to get started. Current clients, note that you now can review your therapist’s notes via our new Therapy+® service.



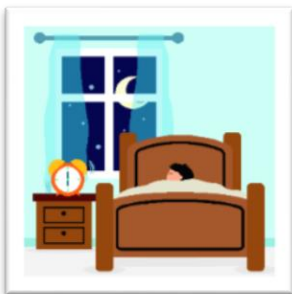
## Task-Oriented Care

We all have to perform important tasks every day. Essential activities for daily living include bathing, dressing, eating, grooming, and moving around indoors and out. Other meaningful everyday activities include walking a dog, using computers, shopping, socializing with friends and neighbors, and cooking. If you are having problems with any of these activities, an occupational therapist might be able to help. Simple adaptations to your home or work environment can sometimes make all the difference. Breaking down tasks into steps, using assistive technology, and sticking to carefully planned routines can also be useful, particularly for people who struggle with chronic pain. The well-trained staff at Aria Occupational Therapy can work with you to create a customized, task-oriented plan.



#### Access Classes Online

Our classes remain available as webinars for six months after the class ends, so you can return to review useful information. To access a webinar, log in with your ARIA NET user name and password, click the Webinar link, and then select your class. You can review a class as often as you want.



## Manage Chronic Pain with Yoga

Searching for relief from chronic pain from arthritis, fibromyalgia, headaches, or other conditions? In a surprising number of cases, the solution is relaxing, simple, and enjoyable—yoga! Our new class, Yoga for Managing Chronic Pain, explores the many pain-relief benefits of daily yoga.

The first session focuses on general body awareness and balance. You'll learn some simple poses that you can do at home to relieve tension. Subsequent classes zero in on pain centers, with special emphasis on back stretches and neck care. Breathing exercises are practiced in every class. Research has shown the effectiveness of these exercises in relieving pain from a variety of causes. By learning to engage muscles effectively, and learning to release muscles that are gripping unnecessarily, you can achieve amazing relief in a short amount of time.

## Living with Less Stress

In his highly regarded books, Woo Bin Park, a longtime member of Aria's occupational therapy team, explores numerous methods for reducing, preventing, and coping with stress. Dr. Rahm's stress reduction tips emphasizes the power you have to manage the stress in your life. You have more control than you think over your thoughts, your emotions, and the way you structure your time.

Join Dr. Rahm for a free stress reduction class the first Thursday of every month. This month, participants focus on identifying sources of stress, including hidden causes of anxiety, such as stress-inducing sleep habits and procrastination. Subsequent classes will delve into techniques for managing the unavoidable stressors of daily life.

## Our Services

Acute Inpatient and  
Outpatient Rehabilitation  
Adult Disability Evaluation  
and Therapy  
Aquatic Therapy for Adults  
Balance and Dizziness  
Rehabilitation  
Pediatric Cerebral Palsy  
Management  
Daily Task Retraining  
Dynamic Posture Assessment  
Endurance and Strength  
Rehabilitation

Ergonomic Evaluation and  
Adaptations  
Fall-Prevention Exercises and  
Adaptations  
Hand and Arm Rehabilitation  
Home Adaptations  
Joint Mobilization  
Learning Disorder Evaluation  
Motor Vehicle Skill  
Assessment  
Neurological Therapy  
Neuromuscular Retraining  
Pain Management

Pediatric Disability  
Evaluation  
Range of Motion Assessment  
and Therapy  
Sensorimotor Skill  
Assessments  
Social Skills Training  
Spine Injury Rehabilitation  
Sports Injury Rehabilitation  
Sports Performance Training  
Stress Reduction  
Work Injury Rehabilitation  
Yoga for Managing Chronic  
Pain