

What Is the Difference Between Physical Therapy and Occupational Therapy?

PT or Physical Therapy works in restoring function of the back, torso, neck and legs as well as within the shoulder region. Physical Therapy treatment additionally helps patients with rehabilitation after surgery and wound care or after accidents.

OT or Occupational Therapy mainly enables people to participate in the daily activities of life. They utilize careful analysis of environmental, mental, social and physical factors as well as others in order to identify occupational barriers. Occupational Therapists are involved in both physical training and cognitive training in order to assist patients with everyday living. OT and PT both work in order to help patients with their needs for general everyday life activities and physical rehabilitation.