

OCCUPATIONAL THERAPY HELPS RESTORE FUNCTION, BUILD SELF-ESTEEM

In Marcia Lambert's opinion, "So many people with multiple sclerosis do not realize how important therapy is." She would know. After two years of occupational therapy (OT) coupled with physical therapy (PT) at Cleveland Clinic Lou Ruvo Center for Brain Health, Mrs. Lambert has reached her physical and functional goals and is no longer taking medication for her secondary progressive multiple sclerosis (MS).

"I have considerably more good days than bad days," Mrs. Lambert says. "I know my limits now, thanks to therapy, and I am able to work around them."

Mrs. Lambert, 71, began dealing with the physical symptoms of MS when she was in her 20s and had trouble buttoning her clothes. She was not diagnosed with MS, however, until 15 years ago. The Las Vegas resident has gone through rehabilitative services at several places, and had been under the care of a neurologist who was a long distance away in Scottsdale, Arizona.

In 2011, Mrs. Lambert read in the newspaper about the Lou Ruvo Center for Brain Health. She has been a patient ever since. She was thrilled when the addition of PT and OT services coincided with a worsening of her illness, which resulted in her falling multiple times.

The occupational therapists at the Lou Ruvo Center for Brain Health help patients with brain disorders who have

symptoms arising from cognitive issues, fatigue or physical impairment that make it difficult for them to perform activities of daily living, home management tasks (preparing meals, managing medication) or work-related tasks (such as typing). They have helped Mrs. Lambert build strength in her arms and legs, allowing her to safely transfer herself from her power wheelchair without falling.

This past spring, Mrs. Lambert went on a cruise — the first time she has traveled in six years. Before, even the thought of packing for a trip felt overwhelming. She credits her occupational therapists with giving her not only physical strength but confidence, by helping her improve her ability to perform everyday activities with greater ease and independence.

"My self-esteem has been given a big boost," she says. "That's what many people don't know. Your self-confidence suffers when you can't do all the things you used to do."



► To make an appointment for physical or occupational therapy, please ask your Lou Ruvo Center for Brain Health neurology provider to make a referral, and then call 702.483.6000.