

Questions to Ask Your Occupational Therapist

There are a few key questions to ask your occupational therapist before you start your recovery. This dialogue gives you some insights into their knowledge of how to work with your condition. It also allows you to see if you're comfortable with the therapist and if they are the right fit.



Have you worked with my type of injury before?



Do you have some experience or a lot?



Have you achieved results?



What are some examples or results you have been able to achieve working with my type of condition?



What will a typical session look like?



What do you expect from me?



What is your treatment philosophy?



Do you follow evidence-based treatment guidelines?



Do you keep up to date on the newest treatments and exercises for my condition?