

**HACKETTSTOWN MEDICAL CENTER**  
**PHYSICAL/OCCUPATIONAL THERAPY PROCEDURE MANUAL**  
**PURPOSE AND GOALS**

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**Effective Date: July, 1984**  
**Cross Referenced:**  
**Reviewed Date: 08/12, 03/16**  
**Revised Date:**

**Policy No: 5200-1.003/5300-1.003**  
**Origin: Physical/Occupational Therapy**  
**Authority: Therapy Services Manager**  
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**PURPOSE**

Physical Therapy is a dynamic profession with an established theoretical and scientific base and widespread clinical applications in the restoration, maintenance and promotion of optimal physical function. Physical therapists diagnose and manage movement dysfunctions, promoting optimal wellness, and prevent progression of impairments.

Occupational Therapy is based on the belief that purposeful activity (occupation), including its interpersonal and environmental components, may be used to prevent and mediate dysfunction and to elicit maximum adaptation. Activity as used by the occupational therapist includes both an intrinsic and therapeutic purpose.

Goal:

The primary goal is to prevent disability and to restore the patient to his/her fullest possible level of functioning, in the shortest amount of time.

Physical Therapy and/or Occupational Therapy Can Address (but are not limited to) The Following:

1. Prevent or correct deformities
2. Maintain or restore joint motion
3. Regain or maintain muscle strength
4. Obtain relaxation
5. Relieve pain
6. Reduce edema
7. Increase circulation
8. Restore mobility
9. Improve cognitive functioning
10. Promote development and learning abilities
11. Promote psychosocial skills
12. Restore or maintain ADL functioning
13. Educate the patient and/or family members in areas of limitation and function
14. Help the patient to become as functionally and economically independent as his/her disability will allow