# *Occupational* Therapy



WestminsterCanterbury
SHENANDOAH VALLEY
*Connected for Life*

*Occupational therapists (OTs) help people across their life span participate in the daily activities that they want and need to do (such as dressing, bathing, toileting and household tasks). OT intervention can also focus on deficits of the shoulder, arm or hand. Interventions will encompass all deficiencies to include cognitive as well as physical and are developed with a patient to meet their needs. OTs will also assess the individual's living environment, where daily activities are performed, and provide recommendations for necessary equipment, as well as any warranted safety training.*

› *For more details about Therapy Services, call* **(540) 665-5928.**

300 Westminster-Canterbury Drive
Winchester, Virginia 22603
**SVWC.org**

## *Meet Our Team*



### Bridget Bertschinger
*OTR/L-Occupational Therapist*

Bridget is a native of Winchester, who graduated from Radford University with a degree in recreational therapy. In her first job, she worked as a recreational therapist in a psychiatric hospital near Roanoke. She then attended Shenandoah University, earning a master's degree in occupational therapy. Next, she was employed at the Winchester Rehabilitation Center and works on a per diem basis here at SVWC. She has experience working with neurological conditions such as CVA, TBI, mental health disorders, and has a great deal of experience with seating and positioning. She enjoys spending time with her children, as well as being outside and gardening.



### Megan Brown
*COTA/L, CLT-Occupational Therapy Assistant*

Megan has over 19 years of experience as an OT assistant. She received her lymphedema certification 15 years ago and has additional education in lymphedema focusing on head and neck, as well as breast cancer lymphedema treatment. Megan has experience co-managing a lymphedema clinic and working in outpatient clinics. She has expertise in kinesiology taping for general conditions/pain and taping specific for lymphedema management. Megan enjoys spending time with her husband and son and kayaking the river.