

# Arm's Reach

## Occupational Therapy



**A rehabilitation service for people  
living with a stroke-affected  
arm and hand**

**Call: 07305453000**

**Email: [info@armsreach-ot.co.uk](mailto:info@armsreach-ot.co.uk)**

## About AROT

Arm's Reach Occupational Therapy (AROT) provides assessment, goal setting, treatment and information provision for people with an affected arm and hand after stroke. AROT covers in and around the Bristol area and is run by Occupational Therapist Jessamy Boydell (MSc; MRCOT).

AROT helps people to maximise their independence in daily life activities by addressing arm and hand difficulties such as fine motor skills, weakness, sensory problems, coordination, spasticity and other common symptoms. The service also provides assessment / therapy for other common stroke-affected skills e.g. attention, vision, perception, apraxia and neglect.

## Why use AROT?

There is currently a need for affordable arm and hand rehabilitation in the months and years post-stroke. This is especially true for those who have exhausted NHS therapy options but feel there may still be room for improvement.

Like any rehabilitation service, AROT can never guarantee an affected arm will recover to its 'pre-stroke' level of use. However, current best-evidence tells us the most effective arm and hand therapy post-stroke should allow for practice of **highly intensive, task-based, repetitive movement**. We know these particular rehabilitation components encourage 'brain plasticity', or 'rewiring'. This rewiring is key to recovery potential after stroke injury because it allows new learning to occur. AROT offers personalised therapy plans built around these components to help maximise a client's therapy potential.

## How AROT works with individuals

Every individual requires an initial face-to-face assessment (approximately 2.5 hours). Where rehabilitation goals are identified, a therapy plan is offered in accordance with best practice guidelines. Therapy sessions are delivered at convenient times in the familiarity of the client's own home. This encourages integration of learned therapy skills to daily life routines at home. Therapy typically includes a target amount of weekly 'task repetition practice' completed by the client in their own time. Repetitions are logged daily to monitor progress.

## AROT treatment options and duration

Following assessment and goal identification, AROT offers an individualised therapy programme using a range of **evidence-based interventions for low, medium and high level functioning arms and hands**. The content and duration of therapy will differ for every client depending on presenting issues, client priorities and therapy approaches used. A minimum amount of time is therefore suggested to try a bespoke treatment plan. Progress is continually reviewed and individuals are free to decide how much therapy they engage in.

For more information on interventions and pricing contact AROT.

## How do I refer to AROT?

Self referrals are welcome as well those from health care professionals, GPs and Case Managers. Please get in touch on **0730 5453 000** or at **info@armsreach-ot.co.uk**











