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Kate Bird

Diploma of the College of
Occupational Therapy

**Occupational
Therapist**

I have spent most of my life being busy: playing sport, playing musical instruments, knitting, working, running the church music group, and bringing up a family. What activities we do, defines who we are.

Neurological conditions can have a huge impact on someone's lifestyle, be that employment, hobbies, household chores or getting in and out of the bath. I have spent 20 years working with people with neurological conditions; stroke, spinal injuries, Multiple Sclerosis, Parkinson's Disease etc.

Occupational therapy is about analysing what you find difficult, and working out how you can manage better: working on specific movements, having the right equipment, learning to do things a different way, or trying something new. I am very motivated, good at problem solving and do not easily give up!

exceed your expectations

Kate Bird

I am particularly interested in upper limb recovery after stroke and have completed a Constraint Induced Movement Therapy course and can assess for and fit the Saeboflex – a dynamic splint to assist with hand function.

I want to see you return to your optimal level of performance to enable you to get the most from your life.