



OCCUPATIONAL THERAPY

COMBINING MERT WITH OCCUPATIONAL THERAPY CAN CREATE A SYNERGISTIC EFFECT, ENHANCING THE OVERALL EFFECTIVENESS OF BOTH THERAPIES. MERT IMPROVES BRAIN FUNCTION AND READINESS TO LEARN, WHILE OCCUPATIONAL THERAPY APPLIES PRACTICAL SKILLS AND TECHNIQUES TO LEVERAGE THESE IMPROVEMENTS IN DAILY LIFE.

RIDE ON RANCH
WWW.RIDEONRANCH.ORG

OT WILL BE SUPERVISED BY DR. AUTUMN O'HARA, MS OTD, OTR/L, HPCS.

THERAPEUTIC OPTIONS;

- SENSORY INTEGRATION TECHNIQUES
- DYNAMIC BODY BALANCING
- OCCUPATIONAL THERAPEUTIC SERVICES
- MYOFASCIAL RELEASE

How MeRT and OT Complement Each Other

Enhanced Neural Function and Skill Application

MeRT: By targeting and improving brainwave dysregulation, MeRT can enhance overall brain function, leading to better cognitive and emotional regulation.

OT: With improved brain function, individuals may find it easier to learn and apply new skills taught in occupational therapy sessions. For example, better attention and reduced anxiety can enhance participation and outcomes in OT activities.

Improved Cognitive and Behavioral Outcomes

MeRT: May reduce symptoms such as irritability, hyperactivity, and repetitive behaviors, creating a more receptive state for learning.

OT: Can build on these improvements by teaching practical strategies for daily living, such as organizing tasks, improving fine motor skills, and enhancing social interactions.

Personalized and Adaptive Approach

MeRT: Is highly individualized, with treatment protocols tailored to each person's unique brainwave patterns.

OT: Also offers a personalized approach, with interventions designed to meet the specific needs and goals of the individual. The improvements seen with MeRT can help occupational therapists adapt their strategies to be more effective.

Holistic Development

MeRT: Supports neurological health, which can lead to improvements in mood, behavior, and cognitive functions.

OT: Focuses on practical, day-to-day skills that improve independence and quality of life. When neurological health is supported by MeRT, the functional gains from OT can be more pronounced and sustainable.

Positive Feedback Loop

MeRT: Can create a brain environment that is more conducive to learning and development.

OT: Uses this enhanced brain function to teach skills that can further stimulate and support brain health. For example, successful engagement in OT activities can boost confidence and motivation, which in turn can reinforce the positive effects of MeRT.

INITIAL EVALUATION

\$185.00

PRICE PER SESSION

\$150.00



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WE CANT WAIT TO HELP