

## we see the *whole* person

Outpatient and In-home  
Occupational Therapy Rehabilitative Services

Home Safety Evaluations and Modifications

Styku/3D body scanner and Fit Track/Bioimpedance  
Technology

Lymphatic Drainage Therapy

Manual Lymphatic Drainage

Lymphatic Taping

Complete Decongestive Therapy

Scar Release Therapy

Dry Needling

Wound Care

Pre/post Plastic Surgery Recovery

Customized Home Wellness & Exercise Programs

Nutritional Counseling

Health Condition Management

Spiritual-Emotional Healing and Support

Mental Health Therapy

Vagal Nerve/Alpha Stim

Whole Body Vibration

Virtual Reality Therapy

Compression Garments

Foot Care

Group Therapy and Exercise

Pediatric Therapy

*Contact us today to find out what services will  
help you feel your best!*

Call to Book Your  
Appointment with  
One of Our  
Therapists Today!



[www.mylifeotservices.com](http://www.mylifeotservices.com)

Check us out on Facebook!

- Insurance & Self Pay Options Available
- Most insurances are accepted for medically necessary services.
- We encourage you to speak with your physician prior to initiating any therapy treatment.

Referrals can be faxed to  
251-650-1908.



occupational  
therapy services

Let's Connect!

Rediscover happiness,  
health and fulfillment,  
reach your fullest potential  
and live your best life!

(251) 824-2515

9420 AL-188, Suite 9  
Irvington, AL 36544

[www.mylifeotservices.com](http://www.mylifeotservices.com)

# what is *occupational therapy*?

## What is Occupational Therapy?

Let's start with defining the meaning of "occupation". An occupation is anything that occupies your time that is purposeful and meaningful. Occupational therapy is focused on rehabilitating, adapting, accommodating, modifying, managing, maintaining progress and preventing reoccurrence or further dysfunction in any area of your life that you find meaningful.

### Basic Activities of Daily Living (BADL's)

- self care tasks
- bathing
- grooming
- toileting
- feeding
- dressing
- sleeping
- mobility

### Instrumental Activities of Daily Living (IADL's)

(not limited to)

- housekeeping
- grocery shopping
- paying bills
- childcare
- taking care of pets
- running errands
- meal planning
- leisure activities/hobbies

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Let us help you  
live your **BEST** life!

At My Life Rehab & Wellness, we prioritize your health and wellbeing. Our dedicated team of professionals is here to provide exceptional care tailored to your needs.

We are here to help you rediscover happiness, health and fulfillment, reach your fullest potential and live your best life!

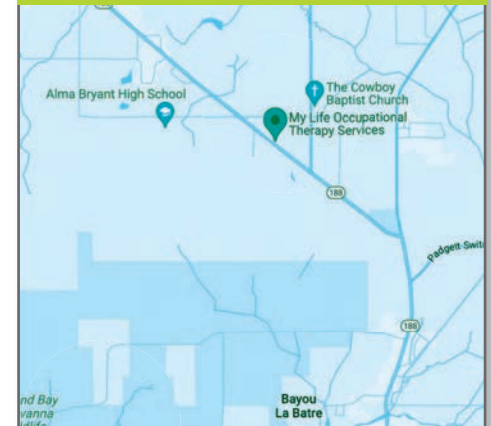
We, at My Life Rehab & Wellness Services, don't focus only on the medical diagnosis.

*We look at the underlying reason that causes the dysfunction that is limiting successful participation in meaningful occupation.*

We have an extensive knowledge in all body systems and how *physical, emotional, psychological, spiritual, social and environmental components* impact our daily life.

**myLife** • starts here

9420 AL-188/ Suite 9 • Irvington, AL



We look forward to  
meeting you!

Call us today.  
(251) 824-2515

