

ANITA HOOVER, OTRL



Master of Science
Degree in Occupational
Therapy—Baker College,
Flint

Member of:

- AOTA
- MIOTA

Continuing Education:

- Kinesiology Taping
- Fracture Management
- Intrinsic Relational
Anatomy

Special Interests:

- Certified Hand Therapy
- Myofascial Release
- Lymphedema Therapy

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Anita Hoover, OTRL has a Master of Science in Occupational Therapy from Baker College of Flint. She is a member of the American Occupational Therapy Association and the Michigan Occupational Therapy Association. Her future goal is to obtain a national certification in certified hand therapy, which is a prestigious distinction and a challenging credentialing course that entails thousands of hours of clinical work and experience as well as passing a rigorous exam. In addition to obtaining her certification in hand therapy, her long term goal would be to learn more about lymphedema therapy to help breast cancer patients who are post-mastectomy and suffer from upper extremity swelling. She had a loved one who battled breast cancer. She would like to make a difference for others dealing with the same illness and help them in their recovery.

Anita has always had a love for the healthcare field. Prior to becoming an occupational therapist (OT), she was a certified nurses aide at an extended care facility, where she worked with memory care patients and in the rehabilitation department. That is where she decided to further her career in healthcare by becoming an OT. "Being an OT has a broad expansion. You're not only working on goals, but you're also working on the psychological aspect of treatment," said Anita, who likes to incorporate meditation and relaxation techniques in her treatment protocols.

Anita is also an adjunct instructor for Baker College of Flint's Occupational Therapy Program teaching Occupational Therapy Disease and Disability and Frames of Reference. While teaching, Anita emphasizes the importance of compassion in an occupational therapist's practice. "I feel it helps to understand what the patients are going through on their road to recovery. We are part of the patient's support system, and giving the patient a positive therapy experience is essential to obtaining maximal goal outcomes," says Anita. She also considers herself to be a good listener, which helps her to get the whole picture of the patient and understand their condition.

Anita treats patients out of Advanced Hand Rehab's Flint location. She is originally from Royal Oak, MI but now lives in Fenton with her family. In her spare time, she likes to work out and spend time with her children. If you ask Anita what she enjoys about occupational therapy, she will tell you, "It is very rewarding to see patients overcome obstacles and to be able to give them the tools to keep doing the things they love to do. People don't understand how much you need hand coordination, and once it is gone, what a difference it makes in quality of life."



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