

HEATHER PANTEA, OTRL



**Master of Science
Degree in Occupational
Therapy, Saginaw Valley
State University, 2015**

Member of:

- Michigan Occupational Therapy Association

Certifications:

- Graston Technique

Specialties & Interests:

- Injuries & conditions of the upper extremities
- Post-Surgical Rehabilitation
- CVA (stroke) Rehabilitation
- Myofascial Decompression (Cup Therapy)
- Blood Flow Restriction Training (BFR)

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Heather Pantea, OTRL has a Master of Science in Occupational Therapy from Saginaw Valley State University. Since graduating, she has been working on her goal of obtaining a national certification in certified hand therapy. It's a challenging credentialing course that involves thousands of hours of clinical work and experience as well as passing a rigorous exam.

Heather has attended several continuing education courses including ones on chronic pain, aging confidently, arthritis, osteoporosis and osteopenia. Her post-graduate focus has been on splinting techniques for upper extremity injuries. She holds a certification in the Graston Technique, which is an instrument assisted soft-tissue mobilization. While in college, Heather participated in a study that focused on constraint induced movement therapy (CIMT) with stroke survivors. There she was able to obtain a good base of knowledge and build her skills in the treatment of strokes and was able to increase her creativity for planning treatment sessions.

The extraordinary opportunity to shadow a Michigan hand surgeon has significantly added to Heather's rehabilitation expertise. She has observed numerous surgeries which has allowed her to become more knowledgeable about the post-surgical patients she sees.

Heather practices out of Advanced Hand Rehab's Clarkston location. She is a Waterford native and, currently, resides in Clarkston. In her spare time, she loves the outdoors and is very active practicing yoga, hiking, swimming, and hanging out with friends and family.

Heather considers herself to be a good listener and enjoys getting to know each of her patients. If you ask her what she enjoys about occupational therapy, she will tell you, "I enjoy seeing the progress and accomplishments my patients make. It's very rewarding to help increase their quality of life, restore their function and hear the stories of what they can accomplish after they have been through therapy." She also likes the challenge of taking on different conditions and injuries. She says that it keeps things interesting. Heather is eager to continue to gain knowledge and expertise in her field. "I am excited to take this journey with Advanced Hand Rehab and grow my skills to provide the best service I can to my patients," states Heather.



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