Testimonials:

“Occupational Therapy has brought back some normalcy in my life that Reflex Sympathetic Dystrophy (RSD) was stealing away from me.”

“Working with my OT is personal and individualized. In Occupational Therapy, I’ve learned to conserve my energy and do things differently than I did before—to make different choices.”

“I was absolutely floored when I heard that USC OT would do a home visit to look at my work station, chair, and home to see what my environment was like and to help me make adjustments.”

USC Occupational Therapy Faculty Practice
Tel: 323-442-3340 | Fax: 323-442-3351
chan.usc.edu/otfp | otfp@med.usc.edu
What is Lifestyle Redesign®?
Our occupational therapists use Lifestyle Redesign® to help people create health-promoting habits and routines, and better manage their lives.

How much time will this take?
Sessions are typically held for 30-60 minutes, one time per week. However, every person is different, so ask your OT about what frequency of sessions will work best for you.

How much will this cost?
We can do a complimentary insurance benefits check to tell you if OT sessions are covered by your plan, and if any co-pays or co-insurances apply.
You may need a referral.
Private pay options are also available.

We can help you:
- Identify pain triggers and ways to limit those triggers
- Implement energy conservation and pacing techniques
- Manage medication side-effects
- Explore alternative vocations and/or leisure activities
- Create an ergonomic workspace, car, and home
- Learn about body mechanics and positioning techniques
- Reduce pain levels through stress reduction and relaxation techniques
- Understand the pain cycle to afford better control over pain
- Plan ahead to manage time effectively
- Develop health promoting daily routines

For more information, visit our website: chan.usc.edu/otfp

So how do I sign up?
Phone
323-442-3340
Email
otfp@med.usc.edu

Locations
Health Sciences Campus
1640 Marengo Street, Suite 500
Los Angeles, CA 90089

University Park Campus
Engemann Student Health Center
1031 W. 34th Street, Suite 452
Los Angeles, CA 90089

Telehealth
Sessions also available online. Please inquire if interested.