



Many children with hypoxic-ischemic encephalopathy (HIE) injuries can have limitations that impact their ability to complete the activities of daily living, such as hygiene, grooming, dressing, and similar activities.



Occupational therapists (OTs) seek to help individuals with disabilities regain or learn skills related to daily living and independence, which often includes training the upper extremities for the development of fine motor coordination. In the case of children, OTs may be called in when a child isn't meeting the same developmental milestones as their peers. For example, your child may be struggling moving from purées to solid foods or is having trouble learning new fine motor skills.

Occupational therapy (OT) refers to interventions that help kids play, and learn about/carry out processes that form the basis of their growth and development. The 'occupation' in occupational therapy for children relates to the skills needed for play, learning and social development.



An HIE diagnosis can be difficult, but our team is here to help. Call us when you're ready.

# Occupational therapy versus physical therapy



Occupational therapy is often confused with physical therapy, but they are *not* the same thing. OT focuses on:

- Fine motor skills
- Visual-perception skills



- Cognition and sensory processing deficits

Physical therapy focuses specifically on:

- Strength
- Flexibility
- Endurance &
- Gross motor skills

Usually, the two are done in conjunction with one another. In some instances, occupational therapy is closely tied to vocational training and pre-employment education, as successes in occupation therapy make success in a workplace environment more likely.

# What other therapies can help kids with HIE?

Kids with HIE can benefit from continued visits to:

- [Physical therapy](#)
- [Speech/language therapy](#)
- [Behavioral therapy](#)
- [Sensory integration therapy](#)
- [Massage therapy](#)
- [Recreational therapy](#)
- [Stem cell therapy](#)

Consult with medical professionals about which therapies are best for your child's unique diagnoses. They should be able to provide you with referrals to local specialists.



# About HIE Help Center

HIE Help Center is run by [ABC Law Centers](#), a medical malpractice firm exclusively handling birth injury cases since 1997.

If you suspect your child's HIE may have been caused by medical negligence, [contact us](#) to learn more about pursuing a case. We provide free legal consultations, during which we will inform you of your [legal options](#) and answer any questions you have. Moreover, you would pay nothing throughout the entire legal process unless we obtain a favorable settlement.

You are also welcome to reach out to us with inquiries that are not related to malpractice. We cannot provide individualized medical advice, but we're happy to track down informational resources for you.

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## Learn More About OT:

- [What does an Occupational Therapist Do?](#)
- [\[Detailed Summary\] What is Occupational Therapy?](#)
- [Occupational Therapy for Sensory Processing Disorders](#)
- [Does My Child Need Occupational Therapy?](#)