

KIM COCHRAN

OTR, CHT



Bachelor's Degree in
Occupational Therapy,
Eastern Michigan
University, 1994

National Certification
in Hand Therapy,
2001

Member of:

- American Society
of Hand Therapists
- Alpha Xi Delta
Sorority Alumni

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When it comes to the rehabilitation of the upper extremities, Kim Cochran, OTR, CHT is an expert. She has been practicing as an occupational therapist since 1994 and has been nationally certified in hand therapy since 2001. Kim is an Eastern Michigan University graduate and is a Alpha Xi Delta Sorority Alumni.

After graduation, Kim worked with a hand surgeon and was able to watch several hand surgeries. After those experiences, Kim's strong interest in the anatomy of the hand led her to become a certified hand therapist. Kim's post-graduate education includes training in the Graston Technique, which is instrument-assisted soft-tissue mobilization; kinesiology taping; myofascial release; and she is a certified Bioness hand rehabilitation provider, which is a functional electrical stimulation unit that, overtime, retrains weak or paralyzed muscles of the hand.

Over the years, Kim has gained a great deal of experience and has treated a wide variety of conditions and injuries; such as arthritis, wrist fractures, carpal tunnel, and finger amputations. She says she enjoys every minute of it. "Not one patient is the same," says Cochran. "A protocol must be established to determine the treatment for the individual. For example, we make changes to accommodate the individual as things change from day to day. It is also very important that I educate my patients on proper positioning."

Kim treats patients out of Advanced Hand Rehab's Flint and Hartland offices. If you ask Kim what she likes best about being a certified hand therapist, she will tell you, "I like talking to my patients and learning about their lives. What I like best are the challenges. It is very rewarding to get patients back to doing the things they love. I absolutely love my job as a hand therapist. I can't imagine doing anything else."



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