

Heather Pantea, OTRL



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

Member of:

- Michigan
Occupational Therapy
Association

Heather Pantea, OTRL has a Master of Science in Occupational Therapy from Saginaw Valley State University. She is a member of the Michigan Occupational Therapy Association, and 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 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.

Since her junior year of high school, Heather knew she wanted to work in the medical field but wasn't sure exactly where. She began to explore different settings and came across physical and occupational therapy. She was fortunate enough to have the opportunity to shadow both professions and, ultimately, decided on occupational therapy. "The occupational therapist I shadowed, primarily, worked with the upper extremities and was training to be a certified hand therapist. I became fascinated with this setting and that is what led me down this career path," says Heather.

Heather practices out of Advanced Hand Rehab's Davison 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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