

# 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

### Continuing Education & Interests

- Graston Technique
- Kinesiology Taping
- Myofascial Release
- Functional Capacity  
Evaluations
- Work Reconditioning  
Programs

### Hartland Clinic:

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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 Alumna.

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; and myofascial release. She is a provider for the administration of functional capacity evaluations, which is a battery of tests to see if someone, who has suffered an injury or has a disabling condition, is ready to return to work.

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 Hartland office. 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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