

Meet Your Occupational Therapist

Dara Catron, OTR/L



Why I Chose Occupational Therapy

"I chose Occupational Therapy in a career day in high school. I am a passionate person and that experience made me want to work in the healthcare field. I want to empower others to return to normal, daily lives, as I enjoy seeing patients achieve their goals, and improve their independence with self-care and daily tasks and responsibilities."

BS

Eastern Kentucky University, Richmond, KY, Occupational Therapy

Certification

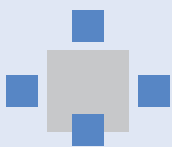
National Board for Certification in Occupational Therapy
Myofascial Cupping Practitioner Certification

Department of Physical Therapy

In the Department of Physical Therapy, Dara Catron evaluates and treats a variety of patients with orthopedic, neurological and movement disorders. She has a background in splint fabrication for a variety of orthopedic and neurological conditions. Dara has experience in manual edema massage, kinesiotape application, adaptive equipment training, and a variety of modalities for pain and edema reduction. She can teach energy conservation techniques and assist with increasing scar elasticity.

Dara enjoys spending time with her husband, Mark, and her children, Ayradi and Tucker. They enjoy going to movies, going on motorcycle rides, spending time on their pontoon, and going on road trips.

I strive to get to know each patient on an individual level, regarding hobbies and daily lives. I show compassion, lend a listening ear, and provide a caring environment in order to engage my patients to be successful in their OT program. I work toward common goals with my patients to adapt and cope and improve their daily lives.



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Department of
Physical Therapy

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