



Meet Tina Blue, OTR

Owner/Operator
of Virgin Islands
Occupational
Therapy, LLC

*VIOT provides
Interactive
Metronome
brain-based
training*

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Two Convenient Locations

Tina Blue, OTR, of Virgin Islands Occupational Therapy, LLC, Has Introduced Brain-based Training to the Territory Via the Interactive Metronome

According to The American Occupational Therapy Association, Inc., its simplest terms, "occupational therapists help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities. Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing support for older adults experiencing physical and cognitive changes."



Occupational therapist Tina Blue invented a patent-pending splinting device, trademarked as the "WrapAdapt." The flexible splint addresses a variety of orthopedic and neurological hand impairments

Here in the Virgin Islands, highly skilled occupational therapist Tina Blue addresses a wide range of issues for her patients from rehabilitation for neurological disorders to hand therapy and custom splinting—to life skills assessments.

Are you suffering with carpal tunnel? Tina sympathizes completely, "I've had that, myself," she recalled with a warm smile. She emphasized that with the correct therapy, most surgeries are unnecessary. By the way, part of her service includes visiting the workplace to assess your particular situation such as a keyboard that is positioned at the wrong height.

Tina graduated from University of Florida in 1981 and has been an OT clinician for more than 33 years, working with patients from all age groups. She moved to the U.S. Virgin Islands in 2001 and worked for the USVI Government on St. Thomas for 12 years as an occupational therapist in the school system and community hospital. She retired from public service and went into private practice, establishing VIOT—Virgin Islands Occupational Therapy—in 2012.

At her comfortable and welcoming office, an array of colorful artwork on the walls is balanced by beautifully scripted affirmations, such as, "Claim your recovery." How appropriate!

Recently, Tina added cutting edge brain-based training via the Interactive Metronome to her long list of specialties — and the results have been remarkable.

In preparation for a recent boxing match in Las Vegas, Virgin Islander Samuel Rogers met with Tina for three exercise sessions. The sessions were designed to help with rhythm and reaction time and improve focus. The boxer advised the experience was amazing. "It's just getting the timing down and helps you with your focus," he said.

Tina explained that Interactive Metronome training is catching on throughout the country, particularly with athletes. Professional players and teams training with the IM program gain speed in the transmission of neural messages both to the brain and back to the muscles. The refined rate of information transfer for improving smoothly coordinated body movements, reaction time, focus, and precise eye-hand control is the key to success in sporting performance.

Strength and conditioning specialist for the PGA Tour, Scott Riehl said of IM, "It's the hottest piece of workout equipment on the PGA tour."

At VIOT, anyone with the desire to improve memory, athletic performance, organizational skills, or academic skills may obtain IM treatment without a doctor's referral, at a self-pay rate.

A recognized authority in her field, Tina has several publications to her credit, most notably

the widely-used OT textbook, "Occupational Therapy Treatment Goals for the Physically and Cognitively Disabled," co-authored with Claudia Allen and Catherine Earhart.

Tina also is the inventor of "WrapAdapt," a patent-pending splinting device designed to address a variety of orthopedic and neurological hand impairments.

A firm believer in giving back to the community, Tina currently is on the Board of Directors for the Caribbean Islands Education Foundation Inc. affiliated with Rare Earth Studios. Tina volunteered in Haiti after the 2010 earthquake providing rehab services at the Haitian Community Hospital. She also is an advocate for animal causes including volunteering for local cat spay and neuter programs.

VIOT is located at Paragon Medical Building, Suite 209-A. Hours are by appointment, Monday through Saturday.



In the waiting room of her office complex, Tina Blue, OTR, poses by a framed copy of "Occupational Therapy Treatment Goals for the Physically and Cognitively Disabled," a widely-used OT textbook she co-authored with Claudia Allen and Catherine Earhart.