

# Mareen Mathew, MS, OTR/L

Occupational Therapist



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## Profile

Mareen Mathew MS, OTR/L has been practicing in outpatient hand therapy since 2015. She specializes in implementing therapeutic interventions for patients with upper extremity diagnoses as well as, fabricating various thermoplastic splints, utilizing serial casting and administering modalities. With her past clinical at the University of Chicago and work experience in outpatient orthopedics, she was able to develop her skill set in assisting patients during recovery to full function and independence after injury, surgery, or debilitating condition. She is dedicated in working together with physicians and other healthcare professionals to provide her patients with patient centered care in a holistic manner. Her focus is to help patients achieve their individual goals by providing knowledge in ergonomics, adaptive equipment, providing exercises, stretches and activities that are aimed in reducing the risk of injury during sports, occupation, recreation, health and wellness activities.

Mareen is an active member of American Occupational Therapy Association and Chicago Metro Hand Study Group. Outside the clinic, Mareen enjoys spending time with her family, friends, and church, traveling, trying different foods, and being outdoors.

## Education

- Bachelor of Science in Kinesiology and Exercise Science, University of Illinois at Chicago
- Master of Occupational Therapy, Saint Louis University