

# Jessica Black, OTR/L, CHT

Occupational Therapist

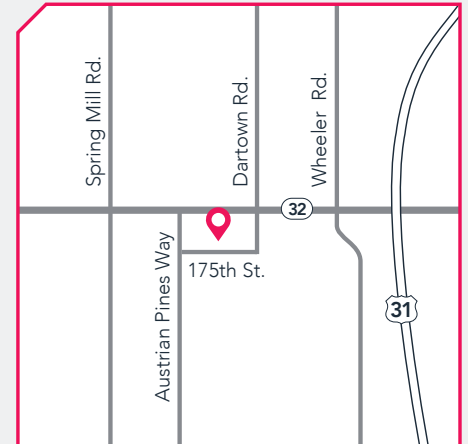


Jessica Black has extensive expertise in upper-extremity rehabilitation. She has decades of experience helping patients recover from injuries and conditions affecting the hand, wrist, forearm, elbow and shoulder, with a focus on reducing pain, restoring mobility and helping patients achieve the best possible outcomes.

Jessica believes good patient care begins with listening to her patients and understanding what is most important to them.

She works as a team with each patient to develop a personalized plan of care, drawing on a broad clinical toolkit to help them get back to where they want to be. Based on careful clinical assessment, she may incorporate techniques such as instrument-assisted soft tissue mobilization (IASTM), therapeutic modalities, kinesiology taping, blood flow restriction (BFR) therapy and custom splinting when appropriate. She also maintains open communication with referring physicians and their teams to ensure comprehensive, coordinated care throughout the recovery process.

Jessica says her career in orthopedic hand therapy has allowed her to combine her passion for helping people with her strengths in science and mathematics. On her path to becoming a certified hand therapist, she earned her Bachelor of Science in Occupational Therapy from Syracuse University.



**Located At**  
**OrthoIndy Westfield**  
**Physical Therapy**  
288 E. 175th St.  
Westfield, IN 46074  
317.956.1082

**Location Hours**  
Monday - Thursday:  
7am to 6pm  
Friday: 7am to 4pm