







In order to do this, recreational therapists use sports, games, arts and crafts and even music. All these things work to build patients' confidence and help them on the road to recovery

Recreational therapists build a program for the patient by looking at the doctor's chart, talking to the patient's doctor(s) and other staff, and also talking to the patient's family. They also listen to what the patient has to say. Then they help the patient with stretch exercises and even work with him/her to reduce stress

Some recreational therapists are self-employed, but most of them work in hospitals and nursing homes. Many recreational therapists work in hospital activity rooms. Sometimes, they work with a patient in a swimming pool or on a playing field

Most of the time, therapists work 40 hours a week, but sometimes they are required to work evenings, weekends and holidays

Hospitals usually require therapists to have a degree After that, therapists have to pass a test to become certified by a national board