



My name is Becky Ballard. I obtained a B.S. in Fine Arts from University of Missouri in Columbia in 1977 and a B.S. in Science from Washington University in 1979. I have been an Occupational Therapist (O.T.) at the St. Louis VA Spinal Cord Injury/Dysfunction Service since 1981.

I get great personal satisfaction from my work in the Arts & Crafts program, in which we use art to enhance physical and mental health during both initial and lifelong rehabilitation.

I am also one of the leaders of the “Wellness” educational series held several times a year on our service. We focus on how spinal cord injury affects multiple aspects of life and health, and how patients can learn to best deal with those consequences, for example skin care, bowel and bladder function. I have recently participated in the development of our sexual health program.

One of my passions is to get veterans involved in the four nationally sponsored events: Winter Sports Clinic, Creative Arts Festival, Golden Age Games, and the Summer Wheelchair Games. Seeing veterans participate in these events, where the focus is on abilities, not on disabilities, is very rewarding.

I can be reached in my office (2S21) or at 314-652-4100 or 800-228-5459, ext. 6-4512.