

Occupational Therapy TOOLKIT

Treatment Guides - Section 1 **Arranged Alphabetically in Document**

ADLs and IADLs

Activities of Daily Living
Bathing and Showering
Clothing Care
Communication Management
Community Mobility
Dressing
Driving
Feeding, Eating, and Swallowing
Financial and Mail Management
Functional Mobility
Grooming and Hygiene
Health Management
Home and Yard Maintenance
Leisure Activities
Meal Preparation and Cleanup
Medication Management
Rest and Sleep
Safety and Emergency Preparedness and Response
Sexual Expression and Activity
Shopping
Toileting and Toilet Hygiene
Work and Industry

Interventions

Apraxia
Balance
Cognition
Fall Prevention and Fall Risk Reduction
Handwriting
Home Safety and Modification
Perceptual Skills and Perceptual Impairments
Therapeutic Exercise
Visual Skills
Wheelchair Seating, Positioning, and Mobility

Conditions and Diseases

Action Tremor
Alzheimer's Disease and Related Dementias - Early Stage
Alzheimer's Disease and Related Dementias - Mid Stage
Alzheimer's Disease and Related Dementias - Late Stage
Amputation of the Lower Limb
Amputation of the Upper Limb

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Conditions and Diseases - continued

Amyotrophic Lateral Sclerosis (ALS)
Ankylosing Spondylitis
Anxiety Disorder
Arthritis
Bicep Tendonitis
Breast Cancer
Burn Injury
Cancer
Cardiac Disease
Cardiac Surgery
Carpal Tunnel Syndrome - Conservative
Carpal Tunnel Syndrome - Postoperative
Cervical Stenosis, Myelopathy, and Radiculopathy
Cervical Spine Surgery
Chronic Obstructive Pulmonary Disease (COPD)
Chronic Pain Syndrome
Complex Regional Pain Syndrome
Cubital Tunnel Syndrome - Conservative
Cubital Tunnel Syndrome - Postoperative
Depression
De Quervain's Syndrome
Diabetes
Dizziness
Emphysema (see Chronic Obstructive Pulmonary Disease)
Epicondylitis
Fibromyalgia (see Chronic Pain Syndrome)
Fracture of the Elbow
Fracture of the Hip
Fracture of the Shoulder
Fracture of the Wrist
Frailty and Debility
Frozen Shoulder (Adhesive Capsulitis)
Golfer's Elbow (see Epicondylitis)
Guillain-Barré Syndrome
Huntington's Disease
Joint Contractures
Kidney Disease
Low Back Pain (see Chronic Pain Syndrome)
Low Vision and Blindness
Lumbar Stenosis

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Conditions and Diseases - continued

Lumbar Spine Surgery
Lupus (Systemic Lupus Erythematosus)
Lymphedema
Medically Complex and Critically Ill in the ICU
Mild Cognitive Impairment
Multiple Sclerosis
Myasthenia Gravis
Myocardial Infarction
Obesity and Bariatric Care
Osteoporosis
Palliative Care and Hospice
Parkinson's Disease - Early Stage
Parkinson's Disease - Mid Stage
Parkinson's Disease - Late Stage
Peripheral Neuropathy
Post-Acute Sequela of COVID- (PASC)
Post-Polio Syndrome
Pressure Ulcers
Reverse Total Shoulder Arthroplasty
Rotator Cuff Arthroscopic Repair
Rotator Cuff Pathology
Scleroderma (Systemic Sclerosis)
Spinal Cord Injury Paraplegia T-S
Spinal Cord Injury Tetraplegia/Quadriplegia C-
Stroke
Tennis Elbow (see Epicondylitis)
Total Hip Replacement (Arthroplasty)
Total Knee Replacement (Arthroplasty)
Total Shoulder Arthroplasty and Hemiarthroplasty
Traumatic Brain Injury - Mild (mTBI)
Traumatic Brain Injury - Rancho Levels I, II, III
Traumatic Brain Injury - Rancho Levels IV, V, VI
Traumatic Brain Injury - Rancho Levels VII, VIII, IX, X
Trigger Finger/Thumb (Stenosing Tenosynovitis)
Urinary Incontinence
Vertebral Compression Fracture

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ADL and Mobility Handouts - Section 2

Arranged Alphabetically in Document

Adaptive Equipment

- Adaptive Equipment for Bathing
- Adaptive Equipment for Dressing
- Adaptive Equipment for Eating
- Adaptive Equipment for Grooming and Mouth Care
- Adaptive Equipment for Meal Prep
- Adaptive Equipment for Mobility
- Adaptive Equipment for Moving in Bed
- Adaptive Equipment for Transfers
- Adaptive Equipment for Using the Bathroom
- Adaptive Equipment for Walking

Ambulation

- Using a Front Wheel Walker (2 wheels)
- Using a Rollator (3 or 4 wheels)
- Using a Standard Walker (no wheels)
- Walk with a Cane on the Stronger, Left Side
- Walk with a Cane on the Stronger, Right Side
- Walk with a Standard Walker - Full Weight Bearing
- Walk with a Standard Walker - Non-Weight Bearing
- Walk with a Standard Walker - Partial Weight Bearing
- Walk with a Standard Walker - Toe-Touch Weight Bearing
- Walk with a Standard Walker - Weight Bearing as Tolerated
- Walk with a Wheeled Walker - Full Weight Bearing
- Walk with a Wheeled Walker - Weight Bearing as Tolerated

Bathing and Showering

- Bathing and Showering Tips
- How to Install Grab Bars - Faucet on the Left
- How to Install Grab Bars - Faucet on the Right
- Transfer to Shower Chair (back up, turn left)
- Transfer to Shower Chair (back up, turn right)
- Transfer to Shower Chair (left leg, right leg, sit)
- Transfer to Shower Chair (right leg, left leg, sit)
- Transfer to Shower Chair (left leg, sit, right leg)
- Transfer to Shower Chair (right leg, sit, left leg)
- Transfer to Tub Bench After Hip Surgery (back up, turn left)
- Transfer to Tub Bench After Hip Surgery (back up, turn right)
- Transfer to Tub Bench (back up, turn left)
- Transfer to Tub Bench (back up, turn right)
- Transfer Wheelchair to Tub Bench - Move to the Left
- Transfer Wheelchair to Tub Bench - Move to the Right

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ADL and Mobility Handouts - Section 2

Arranged Alphabetically in Document

Bed Mobility

Bridging

In and Out of Bed - Toward Your Left Side

In and Out of Bed - Toward Your Right Side

In and Out of Bed - Toward Your Left Side, After Hip Surgery

In and Out of Bed - Toward Your Right Side, After Hip Surgery

In and Out of Bed - Toward Your Left Side, Log Rolling

In and Out of Bed - Toward Your Right Side, Log Rolling

In and Out of Bed - Toward Your Weaker Left Side

In and Out of Bed - Toward Your Weaker Right Side

In and Out of Bed with Help - Towards Their Left Side

In and Out of Bed with Help - Towards Their Right Side

Move From One Side of the Bed to the Other

Move Up in Bed

Roll onto Your Left Side

Roll onto Your Right Side

Roll onto Your Stomach Moving Left

Roll onto Your Stomach Moving Right

Dressing

Dressing Tips

Put On and Take Off a T-shirt - Arm-Head-Arm

Put On and Take Off a T-shirt - Head-Arm-Arm

Put On and Take Off a T-shirt Using a Dressing Stick

Put On and Take Off an Ankle-Foot Brace - Method 1 Left Leg

Put On and Take Off an Ankle-Foot Brace - Method 1 Right Leg

Put On and Take Off an Ankle-Foot Brace - Method 2 Left Leg

Put On and Take Off an Ankle-Foot Brace - Method 2 Right Leg

Put On and Take Off an Open Front Shirt - One Shoulder Drape

Put On and Take Off an Open Front Shirt - Two Shoulder Drape

Put On and Take Off an Open Front Shirt Using a Dressing Stick

Put On and Take Off Pants - Method 1

Put On and Take Off Pants - Method 2

Put On and Take Off Pants, Socks, and Shoes Lying Down

Put On and Take Off Pants, Socks, and Shoes Using a Stool

Put On and Take Off Pants Using a Dressing Stick or Reacher

Put On and Take Off Socks and Shoes Using Dressing Tools

Put On and Take Off Support Stockings

Using a Buttonhook

Dressing with One Hand

Put On a T-shirt with One Hand Left Side Weakness

Put On a T-shirt with One Hand Right Side Weakness

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ADL and Mobility Handouts - Section 2

Arranged Alphabetically in Document

Dressing with One Hand - Continued

- Put On an Open Front Shirt with One Hand Left Side Weakness
- Put On an Open Front Shirt with One Hand Right Side Weakness
- Put On and Take Off a Bra with One Hand Left Side Weakness
- Put On and Take Off a Bra with One Hand Right Side Weakness
- Put On Pants with One Hand Left Side Weakness
- Put On Pants with One Hand Right Side Weakness
- Put On Socks and Shoes with One Hand Left Side Weakness
- Put On Socks and Shoes with One Hand Right Side Weakness
- Take Off a T-shirt with One Hand Left Side Weakness
- Take Off a T-shirt with One Hand Right Side Weakness
- Take Off an Open Front Shirt One Hand Left Side Weakness
- Take Off an Open Front Shirt One Hand Right Side Weakness
- Take Off Pants with One Hand Left Side Weakness
- Take Off Pants with One Hand Right Side Weakness
- Tie Shoes with One Hand Left Side Weakness
- Tie Shoes with One Hand Right Side Weakness

Health Management

- Health Care Team
- Tips for Making and Keeping Health Care Visits

Meal Prep and Clean Up

- Manage Kitchen Tasks with a Walker
- Manage Kitchen Tasks with a Wheelchair
- Meal Prep with One Hand

Stairs and Steps

- Down a Curb or Single Step Using a Walker
- Up a Curb or Single Step Using a Walker
- Down Steps with a Rail Using a Cane
- Up Steps with a Rail Using a Cane
- Down Steps with a Rail Using a Closed Walker
- Up Steps with a Rail Using a Closed Walker
- Down Steps with a Rail Using an Open Walker
- Up Steps with a Rail Using an Open Walker
- Down Steps without a Rail Using a Cane
- Up Steps without a Rail Using a Cane

Toileting

- Tips for Using the Bathroom
- Toileting Options
- Using a Urinal

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ADL and Mobility Handouts - Section 2

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Transfers

- Car Transfer
- Get Down On the Floor
- Get Up From the Floor
- Sit-Pivot Transfer - Move to the Left
- Sit-Pivot Transfer - Move to the Right
- Sit-Pivot Transfer with Help - Move to Their Left
- Sit-Pivot Transfer with Help - Move to Their Right
- Sitting Down from a Rollator
- Sitting Down from a Walker
- Sitting Down After Hip Surgery
- Standing Up to a Rollator
- Standing Up to a Walker
- Standing Up After Hip Surgery
- Standing Up with Help
- Stand-Pivot Transfer with Help - Move to Their Left
- Stand-Pivot Transfer with Help - Move to Their Right
- Transfer Board - Move to the Left
- Transfer Board - Move to the Right

Wheelchair Mobility

- Wheelchair Mobility
- Wheelchair Positioning
- Wheelchair Safety

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Educational Handouts - Section 3 **Arranged Alphabetically in Document**

Amputation Education

- Care of the Prosthesis and Lower Limb Coverings
- Care of the Prosthesis and Upper Limb Coverings
- Care of Your Residual Limb
- Phantom Limb Pain
- Position Your Residual Limb - AKA
- Position Your Residual Limb - BKA

Cardiopulmonary Education

- Breathing Distress - Causes and Tips to Prevent
- Breathing Distress Control
- Cardiac Precautions for Exercise
- Controlled Cough
- Daily Tasks after Open Heart Surgery - Standard Precautions
- Deep (Diaphragmatic) Breathing
- Fatigue Journal - Mental Activity
- Fatigue Journal - Physical Task
- How to Check Your Heart Rate
- Postural Drainage Positions
- Pursed Lip Breathing
- Safety Tips for Using Home Oxygen
- Sternal Precautions - Standard
- Tips to Conserve Energy
- Tips to Conserve Energy with Meal and Home Tasks
- Tips to Conserve Energy with Self Care Activities

Cognition and Visual Perception Education

- Daily Journal
- Functional Cognitive Activities
- Tips to Improve Attention
- Tips to Improve Figure Ground
- Tips to Improve Form Constancy
- Tips to Improve Left Side Awareness
- Tips to Improve Memory
- Tips to Improve Memory - External Memory Aids
- Tips to Improve Memory - Internal Memory Aids
- Tips to Improve Motor-Planning
- Tips to Improve Right Side Awareness
- Tips to Improve Thinking Skills
- Tips to Improve Vision
- Tips to Improve Visual-Motor Integration
- Tips to Improve Visual Spatial Relations

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Educational Handouts - Section 3 **Arranged Alphabetically in Document**

Ergonomics

- Body Mechanics - Good Posture
- Body Mechanics - Lifting Lightweight Objects
- Body Mechanics - Lifting Medium Weight Objects
- Body Mechanics - Lifting Heavy Objects
- Body Mechanics - Limit Bending, Twisting, and Reaching
- Computer Workstations
- Contributing Factors for Workplace Injuries
- Joint Protection and Energy Conservation for Wheelchair Users
- Joint Protection for Arthritis

Handwriting

- Handwriting - Cursive Component Exercises
- Handwriting - Cursive Lower Case Letters
- Handwriting - Pangrams
- Handwriting - Print Component Exercises
- Handwriting - Print Lower Case Letters
- Writing Tips for Parkinson's

Low Vision Education

- Low Vision - Eating
- Low Vision - Functional Reading
- Low Vision - Functional Vision
- Low Vision - Improve Your Other Senses
- Low Vision - Kitchen Tasks
- Low Vision - Label and Mark Items
- Low Vision - Leisure
- Low Vision - Lighting
- Low Vision - Medication
- Low Vision - Money
- Low Vision - Moving Around
- Low Vision - Reading, Writing, Phone Use
- Low Vision - Reduce Glare
- Low Vision - Safety
- Low Vision - Use Contrast

Neurological

- Cognitive Strategies to Improve Movement
- Position in Bed - Left Side Weakness
- Position in Bed - Right Side Weakness
- Position Your Arm - Left Side Weakness
- Position Your Arm - Right Side Weakness
- Protect the Arm - Left Side Weakness
- Protect the Arm - Right Side Weakness

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Educational Handouts - Section 3 **Arranged Alphabetically in Document**

Neurological - continued

Tips to Manage Action Tremors

Miscellaneous

Anxiety Journal

Arm Measurement for Lymphedema

Checking Your Skin

Desensitization

Edema (Swelling) Control of the Arm(s)

Edema (Swelling) Control of the Leg(s)

Good Sleep Habits

Leg Measurement for Lymphedema

Leisure Activities

Pain Journal

Position in Bed to Reduce Pressure

Pressure Relief When Sitting

Scar Massage

SMART Goals

SMART Goals - Action Plan

Stress Management

Stress Management - Relaxation Tools

Stress Management - Stress Journal

Tips to Prevent Lower Body Lymphedema

Tips to Prevent Upper Body Lymphedema

Using Cold for Pain Relief

Using Heat for Pain Relief

Orthopedic Education

Daily Tasks after Back (Lumbar) Surgery

Daily Tasks after Neck (Cervical) Surgery

Daily Tasks after Shoulder Surgery

Spinal Surgery Precautions

Splint/Brace Instructions

Total Hip Precautions - Anterior Approach

Total Hip Precautions - Posterior Approach

Safety Education

Don't Let a Fall Get You Down - Booklet

Don't Let a Fall Get You Down - Post-Fall Survey

Fall Triggers and Tips to Prevent Falls

Foot Care and Foot Safety

Home Safety and Performance Assessment

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Therapeutic Exercise Handouts - Section 4

Arranged Alphabetically in Document

Balance and Core Exercises

- Balance Exercise Guidelines
- Balance Exercises - Sitting
- Balance Exercises - Standing
- Core Exercise Guidelines
- Core Exercises - Back Muscles
- Core Exercises - Pelvic Muscles
- Core Exercises - Stomach Muscles
- Core Exercises - Seated
- Exercise Ball Guidelines
- Exercise Ball - Back Muscles
- Exercise Ball - Pelvic Muscles
- Exercise Ball - Stomach Muscles

Condition Specific Exercises

- Burn Injury Stretches
- De Quervain's Exercises - Left
- De Quervain's Exercises - Right
- Elbow Stretches for Below Elbow Amputation
- Epicondylitis Exercises - Left
- Epicondylitis Exercises -Right
- Exercise Tips for Amyotrophic Lateral Sclerosis
- Exercise Tips for Arthritis
- Exercise Tips for Diabetes
- Exercise Tips for Guillain-Barré Syndrome
- Exercise Tips for Multiple Sclerosis
- Exercise Tips for Myasthenia Gravis
- Exercise Tips for Orthopedic Conditions
- Exercise Tips for Post-Polio Syndrome
- Exercise Tips for Renal Conditions
- General Exercise Tips
- Mastectomy Exercises
- Osteoporosis Extension Exercises
- Parkinson's Exercises
- Pelvic Floor (Kegel) Exercise
- Pulmonary Exercises

Elbow, Forearm, Wrist Exercises

- Elbow, Forearm, and Wrist Active Range of Motion
- Elbow, Forearm, and Wrist Strength Exercises
- Elbow, Forearm, and Wrist Stretches
- Elbow, Wrist, and Hand Active ROM (shoulder surgery)
- Forearm and Wrist Active Range of Motion

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Therapeutic Exercise Handouts - Section 4

Arranged Alphabetically in Document

Elbow, Forearm, Wrist Exercises - continued

- Forearm and Wrist Strength Exercises
- Forearm and Wrist Stretches

Hand Exercises

- Fine Motor Strengthening and Coordination Activities
- Finger and Thumb Strength Exercises - Left
- Finger and Thumb Strength Exercises - Right
- Finger and Thumb Stretches and Active Range of Motion - Left
- Finger and Thumb Stretches and Active Range of Motion - Right
- Finger Active Range of Motion - Left
- Finger Active Range of Motion - Right
- Finger Passive Range of Motion - Left
- Finger Passive Range of Motion - Right
- Median Nerve Glides for Carpal Tunnel Syndrome
- Putty Exercises
- Tendon Glides
- Thumb Active Range of Motion - Left
- Thumb Active Range of Motion - Right
- Thumb Passive Range of Motion - Left
- Thumb Passive Range of Motion - Right

Lower Body Exercises

- Ankle and Foot Active Range of Motion
- Ankle and Foot Isometric Exercises
- Ankle and Foot Strength Exercises
- Ankle and Foot Stretches
- Hip and Knee Exercises - Lying
- Hip and Knee Exercises - Seated
- Hip and Knee Exercises - Standing
- Low Back Stretches
- Resistance Band Exercises - Legs
- Self Range of Motion - Lower Body
- Thigh Stretches

Miscellaneous Exercises

- Physical Activity Plan
- Stretch Break
- Walking Guidelines
- Walking Warm-Up Exercises

Neck Exercises

- Face and Neck Active Range of Motion
- Neck Active Range of Motion
- Neck Isometric Exercises

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Therapeutic Exercise Handouts - Section 4

Arranged Alphabetically in Document

Neck Exercises - continued

Neck Strength Exercises

Neck Stretches

Shoulder Exercises

Rotator Cuff Active Range of Motion - Left

Rotator Cuff Active Range of Motion - Right

Rotator Cuff Protection and Gentle Stretching - Left

Rotator Cuff Protection and Gentle Stretching - Right

Rotator Cuff Strengthening Exercises - Left

Rotator Cuff Strengthening Exercises - Right

Shoulder Active Range of Motion - Left

Shoulder Active Range of Motion - Right

Shoulder and Hand Active Range of Motion

Shoulder Cane Exercises - Supine - Left

Shoulder Cane Exercises - Supine - Right

Shoulder Cane Exercises – Standing

Shoulder Dumbbell Exercises

Shoulder, Elbow, and Hand Active Range of Motion

Shoulder Isometric Exercises - Seated - Left

Shoulder Isometric Exercises - Seated - Right

Shoulder Isometric Exercises - Standing - Left

Shoulder Isometric Exercises - Standing - Right

Shoulder Passive Range of Motion - Left

Shoulder Passive Range of Motion - Right

Shoulder Pendulum Exercises - Left

Shoulder Pendulum Exercises - Right

Shoulder Prone Active Exercises - Left

Shoulder Prone Active Exercises - Right

Shoulder Prone Strengthening Exercises - Left

Shoulder Prone Strengthening Exercises - Right

Shoulder Pulley Exercises - Left

Shoulder Pulley Exercises - Right

Shoulder Resistance Band Exercises - Left

Shoulder Resistance Band Exercises - Right

Shoulder Scapular Exercises - Left

Shoulder Scapular Exercises - Right

Shoulder Stretching Exercises - Left

Shoulder Stretching Exercises - Right

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Therapeutic Exercise Handouts - Section 4

Arranged Alphabetically in Document

Stroke Exercises

- Level 1 Activities - Help Your Weaker Arm Move
- Level 2 Activities - Use Your Weaker Arm to Passively Hold
- Level 3 Activities - Use Your Weaker Arm to Actively Move & Hold
- Level 4 Activities - Use Your Weaker Arm with Gross Motor
- Level 5 Activities - Use Your Weaker Arm with Fine Motor
- Passive Range of Motion - Left Side Weakness
- Passive Range of Motion - Right Side Weakness
- Scapular Mobility and Strength Exercises - Left Side Weakness
- Scapular Mobility and Strength Exercises - Right Side Weakness
- Self Range of Motion - Left Side Weakness
- Self Range of Motion - Right Side Weakness
- Use Your Left Arm to Actively Move and Hold
- Use Your Left Arm to Passively Hold
- Use Your Left Arm with Assisted Guiding
- Use Your Left Arm with Gross Motor Activities
- Use Your Left Arm with Self-Guiding
- Use Your Right Arm to Actively Move and Hold
- Use Your Right Arm to Passively Hold
- Use Your Right Arm with Assisted Guiding
- Use Your Right Arm with Gross Motor Activities
- Use Your Right Arm with Self-Guiding
- Weight Bearing Exercises - Left Side Weakness
- Weight Bearing Exercises - Right Side Weakness

Upper Body Exercises

- Arm Cycle
- Gross Motor Tasks
- Median Nerve Glides
- Posture Exercises
- Radial Nerve Glides
- Resistance Band Exercises - Arms
- Ulnar Nerve Glides
- Upper and Lower Body Passive Range of Motion
- Upper Body Active Range of Motion
- Upper Body Exercises - Dumbbells
- Upper Body Exercises - Holding a Ball
- Upper Body Strength Activities

Bibliography (see website www.ottoolkit.com)