ADLs and IADLs
Activities of Daily Living
Bathing and Showering
Clothing Care
Community Mobility
Dressing
Driving
Feeding, Eating, and Swallowing
Financial and Mail Management
Functional Communication
Functional Mobility
Grooming and Oral Hygiene
Health Management
Home and Yard Maintenance
Leisure and Social Activities
Meal Preparation
Medication Management
Rest and Sleep
Sexual Expression and Activity
Shopping
Toileting

Interventions
Apraxia
Balance
Cognition
Fall Risk Assessment and Prevention
Handwriting
Home Safety and Modification
Therapeutic Exercise
Visual Perception

Conditions and Diseases
Action Tremor
Adhesive Capsulitis
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
Amyotrophic Lateral Sclerosis
Ankylosing Spondylitis
Biceps Tendinitis
Breast Cancer - Pre and Postoperative Management
Occupational Therapy Toolkit
Treatment Guides - Section 1

Conditions and Diseases
- Burn Injury
- Cancer
- Cardiac Disease
- Cardiac Surgery
- Carpal Tunnel Syndrome - Conservative Management
- Carpal Tunnel Syndrome - Postoperative Management
- Cervical Stenosis, Myelopathy, and Radiculopathy
- Cervical Spine Surgery
- Chronic Obstructive Pulmonary Disease
- Chronic/Persistent Pain Syndrome
- Complex Regional Pain Syndrome Type I
- Congestive Heart Failure (see Cardiac Disease)
- Cubital Tunnel Syndrome - Conservative Management
- Cubital Tunnel Syndrome - Postoperative Management
- Depression
- De Quervain's Syndrome - Conservative Management
- De Quervain's Syndrome - Postoperative Management
- Diabetes - Type 2
- Dizziness
- Emphysema (see Chronic Obstructive Pulmonary Disease)
- Epicondylitis - Conservative Management
- Fibromyalgia (see Chronic/Persistent Pain Syndrome)
- Fracture of the Elbow (Radial Head/Olecranon/Distal Humerus)
- Fracture of the Hip (Proximal Femur)
- Fracture of the Shoulder (Proximal Humerus)
- Fracture of the Wrist (Distal Radius)
- Frailty and Debility
- Generalized Anxiety Disorder
- Guillain-Barré Syndrome
- Huntington's Disease
- Joint Contractures
- Kidney Disease
- Low Back Pain (see Chronic/Persistent Pain Syndrome)
- Low Vision and Blindness
- Lumbar Stenosis
- Lumbar Spine Surgery
- Mild Cognitive Impairment
- Morbid Obesity - Person of Size
- Multiple Sclerosis
- Myasthenia Gravis - Generalized
- Myocardial Infarction
Conditions and Diseases
    Osteoarthritis - Conservative Management
    Osteoporosis
    Palliative Care and Hospice
    Parkinson’s Disease - Early Stage
    Parkinson’s Disease - Mid Stage
    Parkinson’s Disease - Late Stage
    Peripheral Neuropathy
    Post-Poliomyelitis Syndrome
    Pressure Ulcers
    Rheumatoid Arthritis - Conservative Management
    Rotator Cuff Pathology - Conservative Management
    Rotator Cuff Pathology - Postoperative Management
    Scleroderma/Systemic Sclerosis
    Spinal Cord Injury - Paraplegia T1-S5
    Spinal Cord Injury - Tetraplegia/Quadriplegia C1-8
    Stroke
    Total Hip Replacement (Arthroplasty)
    Total Knee Replacement (Arthroplasty)
    Total Shoulder Replacement (Arthroplasty)
    Urinary Incontinence
    Vertebral Compression Fracture
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
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 Tips
How to Install Grab Bars - Left
How to Install Grab Bars - Right

Bath Transfers
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

Bed Mobility
Bridging
In and Out of Bed - Toward Your Left Side
In and Out of Bed - Toward Your Right Side
Bed Mobility
- 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 - Toward Their Left Side
- In and Out of Bed with Help - Toward 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

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

Toileting
- Tips for Using the Bathroom
- Toileting Options - Therapist Resource

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
- Sitting Down - After Hip Surgery
Transfers

Standing Up
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
Amputation
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
Breathing Distress - Causes and Tips to Prevent
Breathing Distress Control
Cardiac Precautions for Exercise - Therapist Resource
Controlled Cough
Daily Tasks after Open Heart Surgery
Deep (Diaphragmatic) Breathing
Fatigue Journal
How to Check Your Heart Rate
Postural Drainage Positions
Pursed Lip Breathing
Sternal (Breastbone) Precautions
Tips to Conserve Energy
Tips to Conserve Energy with Meal and Home Management
Tips to Conserve Energy with Self Care Activities

Cognition and Visual Perception
Daily Journal
Functional Cognitive Activities - Therapist Resource
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

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

Neurological
- Cognitive Strategies to Improve Movement
- Handwriting - Component Exercises
- Handwriting - Cursive Exercises
- Handwriting - Pangrams
- 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
- Tips to Manage Action Tremors
- Writing Tips for Parkinson’s

Other
- Anxiety Journal
- Arm Measurement
- Checking Your Skin
- Good Sleep Habits
- Leg Measurement
- Leisure Activities
- Pain Journal
- Position in Bed to Reduce Pressure
- Pressure Relief
- SMART Goals
- SMART Goals - Action Plan
- Stress Management
- Stress Management - Relaxation Tools
- Stress Management - Stress Journal
- Tips to Prevent Lower Body Lymphedema
Other
Tips to Prevent Upper Body Lymphedema

Orthopedic
Arthritic Joint Changes and Deformities - Therapist Resource
Body Mechanics
Daily Tasks after Back (Lumbar) Surgery
Daily Tasks after Neck (Cervical) Surgery
Daily Tasks after Shoulder Surgery
Desensitization
Edema (Swelling) Control of the Arm(s)
Edema (Swelling) Control of the Leg(s)
Good Posture
Hip Dislocation Precautions - Posterior Approach
Joint Protection and Energy Conservation for Wheelchair Users
Joint Protection for Arthritis
Scar Massage
Spinal Surgery Precautions
Splint/Brace Instructions
Superficial Cold
Superficial Heat

Safety
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 - Therapist Resource
Foot Care and Foot Safety
Home Safety and Performance Assessment - Therapist Resource
Using a Front Wheel Walker (2 wheels)
Using a Rollator (3 or 4 wheels)
Using a Standard Walker (no wheels)
Using a Wheelchair
Balance
- Balance Exercise Guidelines
- Balance Exercises - Sitting
- Balance Exercises - Standing
- Core Exercise Guidelines
- Core Exercises - Back Muscles
- Core Exercises - Pelvic Muscles
- Core Exercises - Stomach Muscles
- Exercise Ball Guidelines
- Exercise Ball - Back Muscles
- Exercise Ball - Pelvic Muscles
- Exercise Ball - Stomach Muscles

Condition Specific
- Burn Injury Stretches - Guidelines
- Burn Injury Stretches - Face
- Burn Injury Stretches - Neck
- Burn Injury Stretches - Trunk
- Burn Injury Stretches - Shoulder
- Burn Injury Stretches - Elbow, Forearm, Wrist
- Burn Injury Stretches - Left Hand
- Burn Injury Stretches - Right Hand
- Burn Injury Stretches - Hip and Knee
- Burn Injury Stretches - Ankle and Toes
- Elbow Stretches for Below Elbow Amputation
- 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 Myelitis Syndrome
- Exercise Tips for Renal Conditions
- Mastectomy Exercises
- Osteoporosis Extension Exercises
- Parkinson’s Disease Exercises
- Pulmonary Exercises

Elbow, Forearm, Wrist
- Elbow, Forearm and Wrist Active Range of Motion
- Elbow, Forearm and Wrist Strength Exercises
- Elbow, Forearm and Wrist Stretches
- Elbow, Wrist and Hand Active Exercises
Elbow, Forearm, Wrist
- Forearm and Wrist Active Range of Motion
- Forearm and Wrist Strength Exercises
- Forearm and Wrist Stretches

Hand
- Fine Motor 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
- Flexor Tendon Glides
- Median Nerve Glides
- Putty Exercises

Lower Body
- 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
- Stretch Band Exercises - Legs
- Thigh Stretches

Miscellaneous
- Face and Neck Active Range of Motion
- General Exercise Tips
- Passive Range of Motion
- Pelvic Floor (Kegel) Exercise
- Physical Activity Plan
- Walking Guidelines

Neck
- Neck Active Range of Motion
- Neck Isometric Exercises
- Neck Strength Exercises
- Neck Stretches

Shoulder
- Dowel Exercises - Supine
- Dowel Exercises - Upright
- Pendulum Exercises - Left
- Pendulum Exercises - Right
- Shoulder Active Range of Motion
Shoulder
- Shoulder and Hand Active Exercises
- Shoulder and Rotator Cuff Active Exercises - Left
- Shoulder and Rotator Cuff Active Exercises - Right
- Shoulder and Rotator Cuff Exercises Free Weight - Left
- Shoulder and Rotator Cuff Exercises Free Weight - Right
- Shoulder and Rotator Cuff Exercises Stretch Band - Left
- Shoulder and Rotator Cuff Exercises Stretch Band - Right
- Shoulder Blade Exercises
- Shoulder, Elbow, and Hand Active Exercises
- Shoulder Isometric Left - Seated
- Shoulder Isometric Left - Standing
- Shoulder Isometric Right - Seated
- Shoulder Isometric Right - Standing
- Shoulder Passive and Active-Assisted Range of Motion - Left
- Shoulder Passive and Active-Assisted Range of Motion - Right
- Shoulder Pulley Exercises - Left
- Shoulder Pulley Exercises - Right
- Shoulder Stretches - Left
- Shoulder Stretches - Right

Stroke
- 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
Stroke
- Weight Bearing Exercises - Left Side Weakness
- Weight Bearing Exercises - Right Side Weakness

Upper Body
- Arm Cycle
- Cool-Down Stretches
- Gross Motor Tasks
- Nerve Flossing - Median
- Nerve Flossing - Radial
- Nerve Flossing - Ulnar
- Posture Exercises
- Stretch Band Exercises - Arms
- Upper Body Active Range of Motion
- Upper Body Exercises - Hand Weights
- Upper Body Exercises - Using a Ball
- Upper Body Strength Activities
- Warm-Up Exercises