

# Occupational Therapy TOOLKIT

## Treatment Guides - Section 1

### **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

# Occupational Therapy TOOLKIT

## Treatment Guides - Section 1

### 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

# Occupational Therapy TOOLKIT

## ADL and Mobility Handouts - Section 2

### **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

# Occupational Therapy TOOLKIT

## ADL and Mobility Handouts - Section 2

### **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

# Occupational Therapy TOOLKIT

## ADL and Mobility Handouts - Section 2

### **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

# Occupational Therapy TOOLKIT

## ADL and Mobility Handouts - Section 2

### **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

# Occupational Therapy TOOLKIT

## Educational Handouts - Section 3

### **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



# Occupational Therapy TOOLKIT

## Educational Handouts - Section 3

### **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

# Occupational Therapy TOOLKIT

## Educational Handouts - Section 3

### **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

# Occupational Therapy TOOLKIT

## Therapeutic Exercise Handouts - Section 4

### **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-Poliomyelitis 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

# Occupational Therapy TOOLKIT

## Therapeutic Exercise Handouts - Section 4

### **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

# Occupational Therapy TOOLKIT

## Therapeutic Exercise Handouts - Section 4

### 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

# Occupational Therapy TOOLKIT

## Therapeutic Exercise Handouts - Section 4

### **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