

Occupational Therapy TOOLKIT

Table of Contents

Treatment Guides

Basic Activities of Daily Living	
Basic and Instrumental Activities of Daily Living	11
Bathing and Showering	13
Dressing	15
Feeding	18
Functional Communication	20
Functional Mobility	22
Grooming and Oral Hygiene	24
Toileting	26
Instrumental Activities of Daily Living	
Clothing Care	28
Health Management	29
Light Housework	30
Managing Finances	31
Meal Preparation and Clean Up	32
Medication Routine	33
Shopping and Community Mobility	35
Alphabetical by Diagnosis	
Adhesive Capsulitis	37
Alzheimer's Disease	38
Amputation of the Lower Extremity	43
Amyotrophic Lateral Sclerosis	45
Biceps Tendinitis	47
Breast Cancer	48
Cancer	50
Cardiac Surgery	52
Carpal Tunnel Syndrome (Median Neuropathy)	54
Chronic Pain	55
Congestive Heart Failure (CHF)	57
Cubital Tunnel Syndrome (Ulnar Neuropathy)	59
Depression	60
Diabetes	63
Elbow Fracture (Olecranon and Radial Head)	65
Essential Tremor	67
Extreme Obesity/Exceptionally Large Persons	68
Falls Risk Assessment and Prevention Strategies	70
Frail Elderly/Oldest Old 85+	72
Hip Fracture and Hip Replacement	73
Knee Replacement	74
Low Vision – Ocular	75
Multiple Sclerosis	78

Occupational Therapy TOOLKIT

Table of Contents

Treatment Guides

Alphabetical by Diagnosis (continued)

Myocardial Infarction	81
Osteoarthritis	83
Osteoporosis	85
Parkinson's Disease	87
Peripheral Neuropathies	90
Post-Polio Syndrome	91
Pressure Ulcer Management	93
Pulmonary Disease	94
Renal Disease - End Stage (ESRD)	96
Rheumatoid Arthritis	97
Rotator Cuff Tendonitis, Tears and Repair	100
Scleroderma/Systemic Sclerosis	102
Shoulder Fracture (Proximal Humerus and Humeral Shaft)	105
Shoulder-Hand Syndrome Post Stroke	107
Shoulder Impingement Syndrome	108
Shoulder Joint Replacement	109
Spinal Cord Injury	111
Spinal Stenosis – Cervical	112
Spinal Stenosis – Lumbar	114
Spine Surgery – Cervical	115
Spine Surgery – Lumbar	117
Stroke/CVA	119
Urinary Incontinence	123
Vertebral Compression Fractures	124
Wrist Fracture	126

Occupational Therapy TOOLKIT

Table of Contents

ADL Handouts

Bathing and Showering

Adaptive Equipment for Bathing and Showering	128
Bathing and Showering Tips	130
Placement of Grab Bars - Left Side	132
Placement of Grab Bars - Right Side	133

Dressing

Adaptive Equipment for Dressing	134
Dressing Tips	135
Putting on Open Front Garment Using a Dressing Stick	137
Putting on Pants and Underwear Using a Dressing Stick	139
Putting on Pullover Garment Using a Dressing Stick	141
Putting on/Removing Lower Body Clothing Method 1	142
Putting on/Removing Lower Body Clothing Method 2	144
Putting on/Removing Lower Body Clothing in Supine	145
Putting on/Removing Lower Body Clothing Using a Footstool	147
Putting on/Removing Open Front Garment Two Shoulder Drape	148
Putting on/Removing Open Front Garment One Shoulder Drape	149
Putting on/Removing Pullover Garment Arm-Head-Arm	150
Putting on/Removing Pullover Garment Head-Arm-Arm	151
Putting on/Removing Socks/Shoes with Adaptive Equipment	152
Putting on/Removing Support Stockings	154
Removing Pants and Underwear Using a Dressing Stick	156
Removing Pullover Garment Using a Dressing Stick	157
Using a Buttonhook	158

Dressing Using One-Handed Method – Left Side Affected

Putting on Open Front Garment	159
Putting on Pants and Underwear	161
Putting on Pullover Garment	163
Putting on/Removing Bra	165
Putting on Socks and Shoes	167
Removing Open Front Garment	168
Removing Pants and Underwear	169
Removing Pullover Garment	170
Shoe Tying	171

Dressing Using One-Handed Method – Right Side Affected

Putting on Open Front Garment	173
Putting on Pants and Underwear	175
Putting on Pullover Garment	177
Putting on/Removing Bra	179
Putting on Socks and Shoes	181
Removing Open Front Garment	182

Occupational Therapy TOOLKIT

Table of Contents

ADL Handouts

Dressing Using One-Handed Method – Right Side Affected

 Removing Pants and Underwear 183

 Removing Pullover Garment 184

 Shoe Tying 185

Feeding

 Adaptive Equipment for Feeding 187

Functional Communication

 Improving the Usability of Your Computer 188

Functional Mobility

 Adaptive Equipment for Mobility 189

 Assisted Sitting Transfers Moving to the Left 190

 Assisted Sitting Transfers Moving to the Right 191

 Assisted Stand Pivot Transfers Moving to the Left 192

 Assisted Stand Pivot Transfers Moving to the Right 194

 Getting Into Bed Towards Your Left Side 196

 Getting Into Bed Towards Your Right Side 197

 Getting Out and Into Bed with Help Towards the Left Side 198

 Getting Out and Into Bed with Help, Towards the Right Side 199

 Getting Out of Bed Towards Your Left Side 200

 Getting Out of Bed Towards Your Right Side 201

 Sitting Down 202

 Sitting Transfers Moving to the Left 203

 Sitting Transfers Moving to the Right 204

 Standing Up 205

 Standing Up with Help on the Left 206

 Standing Up with Help on the Right 207

 Transfer to Tub Using Bath Seat (left leg, right leg, sit) 208

 Transfer to Tub Using Bath Seat (right leg, left leg, sit) 209

 Transfer to Tub Using Bath Seat (left leg, sit, right leg) 210

 Transfer to Tub Using Bath Seat (right leg, sit, left leg) 211

 Transfer to Tub Using Bath Seat (back up, left) 212

 Transfer to Tub Using Bath Seat (back up, right) 213

 Transfer to Tub Using Bath Transfer Bench (left) 214

 Transfer to Tub Using Bath Transfer Bench (right) 215

 Wheelchair to Tub Using Bath Transfer Bench (left) 216

 Wheelchair to Tub Using Bath Transfer Bench (right) 218

Grooming and Oral Hygiene

 Adaptive Equipment for Grooming and Oral Hygiene 220

Toileting

 Adaptive Equipment for Toileting 221

 Toileting Tips 222

Occupational Therapy TOOLKIT

Table of Contents

IADL Handouts

Health Management

Healthcare Providers Appointments 224

Tips for Making and Keeping Healthcare Appointments 225

Meal Preparation and Clean Up

Adaptive Equipment for One-Handed Meal Preparation 226

Managing Kitchen Tasks from a Walker 227

Managing Kitchen Tasks from a Wheelchair 229

One-Handed Meal Preparation 231

Medication Routine

Medication Management Resources 233

Occupational Therapy TOOLKIT

Table of Contents

Educational Handouts (arranged alphabetically in document)

Amputation of the Lower Extremity	
Care of Your Remaining Leg	242
Caring for Your Residual Limb	243
Donning Your Prosthesis and Socks	253
Equipment Care - Prosthesis and Socks	272
Managing Phantom Limb Pain	318
Cardiopulmonary	
Activity Guidelines Following Cardiac Surgery	234
Activity Guidelines Following a Heart Attack	236
Cardiac Contraindications/Precautions for Therapy	241
Causes of Respiratory Panic and Distress	244
Coordinating Your Breathing with Activities	247
Daily Activities and Sternal Precautions	248
Deep Breathing Exercise	249
Diaphragmatic Breathing Technique	252
Energy Conservation Principles	269
Energy Conservation with Meal and Home Management	270
Energy Conservation with Self Care Activities	271
Levels of Shortness of Breath	294
Pursed Lip Breathing Technique	329
Respiratory Panic and Distress Control Technique	330
Self-Monitoring Your Heart Rate	331
Sternal Precautions	335
Low Vision	
Communication Tasks	295
Controlling Glare	297
Eating Techniques	298
Functional Reading	299
Functional Vision	300
Improving Your Other Senses	301
Kitchen Management	303
Labeling and Marking	305
Lighting Guidelines	307
Medication Tips	309
Mobility Tips	311
Money Management	312
Recreational Ideas	313
Safety Tips	314
Using Contrast	315

Occupational Therapy TOOLKIT

Table of Contents

Educational Handouts (arranged alphabetically in document)

Neurological

Facilitating Movement Using Cognitive Strategies	273
Functional Use of Affected Upper Extremity after Stroke	276
Handwriting Techniques for Parkinson's	280
Handwriting Training	281
Memory Compensation Strategies	321
Positioning in Bed - Left Side Affected	324
Positioning in Bed - Right Side Affected	325
Strategies to Reduce Action Tremor	336

Orthopedic

Arthritic Joint Changes and Deformity	238
Body Mechanics	239
Cervical Spine Precautions and Everyday Activities	245
Edema Control Techniques	268
Joint Protection Principles	290
Lumbar Spine Precautions and Everyday Activities	316
Proper Posture	327
Spinal Precautions	332
Splint Instructions	333
Splinting for Arthritis	334
Superficial Cold	339
Superficial Heat	340
Surgical Intervention in Arthritis	341
Total Hip Precautions	342

Other

Generously Sized Products	279
Healthy Bladder Habits	286
Measuring Your Arm Following Mastectomy	319
Prevention and Control of Lymphedema	326
Stress Management and Relaxation Techniques	337

Safety

Diabetic Foot Care	250
Don't Let a Fall Get Your Down	254
Fall History Questionnaire	274
Home Safety and Functional Safety Assessment	287
Medical-Alert Systems	320
Using Your Walker Safely	344

Occupational Therapy TOOLKIT

Table of Contents

Exercise Handouts (arranged alphabetically in document)

Elbow, Forearm, Wrist

Elbow, Forearm and Wrist Active ROM Exercises	355
Elbow, Forearm and Wrist Strengthening Exercises	358
Elbow, Forearm and Wrist Stretching Exercises	361
Forearm and Wrist Active ROM Exercises	367
Forearm and Wrist Strengthening Exercises	369
Forearm and Wrist Stretching Exercises	371

Cardiopulmonary

Upper Body Breathing and Stretching Exercises	458
---	-----

General

Balance Exercises	353
Face and Neck Active ROM Exercises	364
Home Exercise Program Face Sheet	375
Passive ROM Exercises – Left	377
Passive ROM Exercises – Right	384
Resistance Band Exercises	393
Upper Body Active Exercises for Arthritis	441
Upper Body Active ROM Exercises	450
Upper Body Strengthening Activities	469
Upper Body Strengthening and Stretching Exercises	470

Hand

Fine Motor Activities	366
Hand Active ROM Exercises	372
Hand Strengthening Exercises	373
Nerve Gliding Exercises	376
Tendon Gliding Exercises	440

Mastectomy

Active ROM Exercises Following Mastectomy	346
Advanced Active ROM Exercises Following Mastectomy	349

Parkinson's

Upper Body Reciprocal Exercises	462
---------------------------------	-----

Shoulder

Pendulum Exercises – Left	391
Pendulum Exercises – Right	392
Rotator Cuff Strengthening Exercises – Left	398
Rotator Cuff Strengthening Exercises – Right	399
Scapular Strengthening	408
Shoulder Active Exercises	418
Shoulder Active-Assisted Exercises – Left	421
Shoulder Active-Assisted Exercises – Right	422
Shoulder Fracture - Guide for Progression of Exercises	423

Occupational Therapy TOOLKIT

Table of Contents

Exercise Handouts (arranged alphabetically in document)

Shoulder

Shoulder Isometric Exercises – Left	424
Shoulder Isometric Exercises – Right	425
Shoulder Passive ROM Exercises - Left	426
Shoulder Passive ROM Exercises - Right	427
Shoulder ROM Dowel Exercises	428
Shoulder Strengthening Exercises – Left	430
Shoulder Strengthening Exercises – Right	433
Shoulder Stretching Exercises – Left	436
Shoulder Stretching Exercises - Right	438

Stroke Left Side Affected

Scapular Mobilization and Strengthening Exercises - Left	400
Self Range of Motion – Left Side Affected	410
Using Your Left Arm as an Active Stabilizer	476
Using Your Left Arm as a Gross Motor Assist	477
Using Your Left Arm as a Passive Stabilizer	478
Using Your Left Arm with Caregiver Assisted Guiding	479
Using Your Left Arm with Self-Guiding	480
Weight Bearing Exercises - Left Side Affected	486

Stroke Right Side Affected

Scapular Mobilization and Strengthening Exercises - Right	404
Self Range of Motion – Right Side Affected	414
Using Your Right Arm as an Active Stabilizer	481
Using Your Right Arm as a Gross Motor Assist	482
Using Your Right Arm as a Passive Stabilizer	483
Using Your Right Arm with Caregiver Assisted Guiding	484
Using Your Right Arm with Self-Guiding	485
Weight Bearing Exercises - Right Side Affected	487

References	488
-------------------	-----

Terms, Conditions and Disclaimers Agreement	514
--	-----

License Agreement	516
--------------------------	-----