

HOW TO USE THE PUTTY

HAND FLEXION

Place putty in the palm at the base of the fingers. Squeeze with fingers into the putty like you are making a fist. Release fingers, reshape putty and re-peat process.



FINGER PINCH

Roll putty into a ball shape. Pinch between the thumb and fingertips. This exercise can also be performed with the thumb and each finger separately. Reshape putty and repeat.



FINGER EXTENSION

Roll putty into cylinder and wrap putty around bent finger. Hold the putty with the other hand and try extending bent finger. The degree of thickness of the putty held over the fingertip.



THUMB PRESS

Roll putty into a ball and place in the palm of your hand. Press thumb into the putty towards small finger. Re-shape putty and repeat.



FINGER SCISSOR

Roll putty into a ball shape. Place between two fingers and squeeze them together in a scissor-like motion. Re-shape putty and repeat.



THUMB EXTENSION

Wrap putty around the tip of the thumb while it is bent. Hold the loose ends and try to straighten (extend) your thumb.



FINGER GRIP

Make hook with fingertips and place putty ball between fingertips and palm. Press fingertips into putty.



THUMB PINCH

Make fist and put ball of putty between thumb and index finger. Pinch putty with thumb towards inside of index finger.



FINGER SPREAD

Form putty into a pinwheel shape. Place on table or mat over finger tips while fingers are bunched together. Try to spread fingers apart.



THUMB ADDUCTION

With hand opened, press the putty with your thumb against your index finger. Reshape putty and repeat exercise.



SCISSOR SPREAD

Wrap putty around tips of two fingers while they are together. Spread fingers apart.



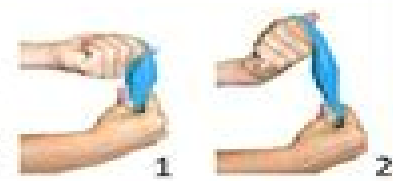
WRIST EXTENSION

Rest forearm on table or arm of chair with wrist hanging over edge, palm down. Grip putty with fingers and extend wrist upward.



WRIST FLEXION

Rest forearm on table or arm of chair with wrist hanging over edge, palm up. Grip putty with fingers and extend wrist upward.



Theraputty Exercises For Home Programs

**Marc C. Hochberg, Alan J. Silman, Josef
S. Smolen, Michael E.
Weinblatt, Michael H. Weisman**

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The OTA's Guide to Documentation Marie Morreale, 2024-06-01 The bestselling newly updated occupational therapy assistant OTA textbook *The OTA's Guide to Documentation Writing SOAP Notes Fifth Edition* explains the critical skill of documentation while offering multiple opportunities for OTA students to practice documentation through learning activities worksheets and bonus videos The Fifth Edition contains step by step instruction on occupational therapy documentation and the legal ethical and professional documentation standards required for clinical practice and reimbursement of services Students and professors alike can expect the same easy to read format from previous editions to aid OTAs in learning the purpose and standards of documentation throughout all stages of the occupational therapy process and different areas of clinical practice Essentials of documentation reimbursement and best practice are reflected in the many examples presented throughout the text Worksheets and learning activities provide the reader with multiple opportunities to practice observation skills and clinical reasoning learn documentation methods create occupation based goals and develop a repertoire of professional language Templates are provided to assist beginning OTA students in formatting occupation based SOAP notes and the task of documentation is broken down into smaller units to make learning easier Other formats and methods of recording client care are also explained such as the use of electronic health records and narrative notes This text also presents an overview of the initial evaluation process delineating the roles of the OT and OTA and guidelines for implementing appropriate interventions New in the Fifth Edition Incorporation of the Occupational Therapy Practice Framework Domain and Process Fourth Edition and other updated American Occupational Therapy Association documents Updated information to meet Medicare Part B and other third party payer requirements Revised clinical terminology on par with current trends Added examples from emerging practice areas Expanded tables along with new worksheets and learning activities Included with the text are online supplemental materials for faculty use in the classroom this includes access to supplemental website worksheets learning activities and scenario based videos to practice the documentation process

The Occupational Therapist's Workbook for Ensuring Clinical Competence Marie Morreale, Debbie Amini, 2024-06-01 The Occupational Therapist's Workbook for Ensuring Clinical Competence is designed to help occupational therapy students and new practitioners demonstrate the practical problem solving and real life clinical reasoning skills essential for fieldwork and clinical practice This user friendly resource helps the reader apply occupational therapy concepts improve narrative and pragmatic reasoning skills and measure attainment of knowledge and skills needed for successful transition to fieldwork and entry level practice Inside The Occupational Therapist's Workbook for Ensuring Clinical Competence a wide variety of client conditions situations and intervention options are presented for different practice areas Knowledge and skills are assessed for fundamental aspects of occupational therapy such as professionalism ethical decision making evidence based practice evaluation and intervention planning occupation based interventions effective

communication supervision role delineation activity analysis cultural competence interprofessional collaboration group process emerging practice areas department management safety documentation billing and reimbursement and more Marie Morreale and Debbie Amini have incorporated numerous worksheets learning activities and worksheet answers in an easy to read format The variety of assessment methods and learning activities used throughout the text stem from the authors combined decades of teaching experience and include case studies vignettes multiple choice matching and true false questions fill in the blanks experiential activities and more Topics are broken down into smaller units and explained step by step to allow for easy independent study Thoroughly explained answers are provided so that readers can check their responses with suggested best practice These worksheets and learning activities are also useful as role playing exercises studying in small groups and can aid in preparing for fieldwork or the national certification exam Included with the text are online supplemental materials for faculty use in the classroom The Occupational Therapist s Workbook for Ensuring Clinical Competence is the go to text for occupational therapy students and faculty as well as new occupational therapy practitioners who require the practical problem solving skills and the clinical decision making skills essential for fieldwork and clinical practice

Rehabilitation of the Hand and Upper Extremity, 2-Volume Set E-Book Terri M. Skirven,A. Lee Osterman,Jane Fedorczyk,Peter C. Amadio,2011-02-10 With the combined expertise of leading hand surgeons and therapists Rehabilitation of the Hand and Upper Extremity 6th Edition by Drs Skirven Osterman Fedorczyk and Amadio helps you apply the best practices in the rehabilitation of hand wrist elbow arm and shoulder problems so you can help your patients achieve the highest level of function possible This popular unparalleled text has been updated with 30 new chapters that include the latest information on arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management An expanded editorial team and an even more geographically diverse set of contributors provide you with a fresh authoritative and truly global perspective while new full color images and photos provide unmatched visual guidance Access the complete contents online at www.expertconsult.com along with streaming video of surgical and rehabilitation techniques links to Pub Med and more Provide the best patient care and optimal outcomes with trusted guidance from this multidisciplinary comprehensive resource covering the entire upper extremity now with increased coverage of wrist and elbow problems Apply the latest treatments rehabilitation protocols and expertise of leading surgeons and therapists to help your patients regain maximum movement after traumatic injuries or to improve limited functionality caused by chronic or acquired conditions Effectively implement the newest techniques detailed in new and updated chapters on a variety of sports specific and other acquired injuries and chronic disorders Keep up with the latest advances in arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management See conditions and treatments as they appear in practice thanks to detailed full color design illustrations and photographs Access the full contents online with streaming video of surgical and

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Psychosocial Occupational Therapy - E-BOOK Nancy Carson, 2024-12-11 Develop the psychosocial skills to treat and address the mental health needs of clients in all practice settings Psychosocial Occupational Therapy Second Edition uses evidence based models to demonstrate effective occupational therapy for clients diagnosed with mental health conditions Clearly and logically organized the book begins with theories and concepts and follows with in depth coverage of OT interventions in both individual and group contexts Case studies and models show how to apply the fourth edition of the Occupational Therapy Practice Framework OTPF in selecting treatment strategies UPDATED AOTA's Occupational Therapy Practice Framework 4th Edition and current OT practice are reflected throughout the book to ensure alignment with the latest OT guidelines for education and practice NEW Complementary and Integrative Health chapter provides an overview of complementary approaches that have expanded in use within health care and includes examples of how to effectively incorporate them into OT treatment UNIQUE At least two cases studies in each clinical chapter show how to apply the Occupational Therapy Practice Framework OTPF in determining treatment options and one or more conceptual models address the psychosocial needs of clients NEW Feeding and Eating Disorders chapter offers more in depth information on eating disorders included in the DSM 5 along with the OT's role in treatment NEW Enhanced ebook version included with every new print purchase allows access to all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud Using the Occupational Therapy Practice Framework chapter describes how to apply the 4th edition of the OTPF to the practice of occupational therapy Balanced approach to psychosocial occupational therapy includes thorough coverage of primary diagnoses as well as occupational and psychosocial theories models and approaches Emphasis on clinical reasoning skills provides insights on how to select treatment strategies based on the conceptual theories and models presented in the earlier chapters the information on diagnoses also references the DSM 5 A focus on psychosocial skills makes it easier to adjust the method of approaching a client the nature of the therapeutic relationship and the direction and eventual outcomes of intervention regardless of the setting or the primary diagnosis Coverage of therapeutic interaction skills and group process skills shows how to provide treatment in both individual and group settings

Rheumatology Marc C. Hochberg, Alan J. Silman, Josef S. Smolen, Michael E. Weinblatt, Michael H. Weisman, 2010-11-08 Consistently lauded for its comprehensiveness and full color presentation the latest edition of Rheumatology by Marc C Hochberg MD MPH et al continues the tradition of excellence of previous editions Designed to meet the needs of the practicing clinician it provides extensive authoritative coverage of rheumatic disease from basic scientific principles to practical points of clinical management in a lucid logical user friendly manner Find the critical answers you need quickly and easily thanks to a consistent highly user friendly format covering all major

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documentation Expanded information on the OT process for the OTA to fully understand documentation and the OTA's role in all stages of treatment including referral evaluation intervention plan and discharge Documentation of physical agent modalities With reorganized and shorter chapters The OTA's Guide to Writing SOAP Notes Second Edition is the essential text to providing instruction in writing SOAP notes specifically aimed at the OTA practitioner and student This exceptional edition offers both the necessary instruction and multiple opportunities to practice as skills are built on each other in a logical manner Templates are provided for beginning students to use in formatting SOAP notes and the task of documentation is broken down into small units to make learning easier A detachable summary sheet is included that can be pulled out and carried to clinical sites as a reminder of the necessary contents for a SOAP note Updated information expanded discussions and reorganized learning tools make The OTA's Guide to Writing SOAP Notes Second Edition a must have for all occupational therapy assistant students This text is the essential resource needed to master professional documentation skills in today's healthcare environment *Rehabilitation of the Hand and Upper Extremity, E-Book* Terri M. Skirven, A. Lee Osterman, Jane Fedorczyk, Peter C. Amadio, Sheri Felder, Eon K Shin, 2020-01-14 Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity *Rehabilitation of the Hand and Upper Extremity* helps you return your patients to optimal function of the hand wrist elbow arm and shoulder Leading hand surgeons and hand therapists detail the pathophysiology diagnosis and management of virtually any disorder you're likely to see with a focus on evidence based and efficient patient care Extensively referenced and abundantly illustrated the 7th Edition of this reference is a must read for surgeons interested in the upper extremity hand therapists from physical therapy or occupational therapy backgrounds anyone preparing for the CHT examination and all hand therapy clinics Offers comprehensive coverage of all aspects of hand and upper extremity disorders forming a complete picture for all members of the hand team surgeons and therapists alike Provides multidisciplinary global guidance from a Who's Who list of hand surgery and hand therapy editors and contributors Includes many features new to this edition considerations for pediatric therapy a surgical management focus on the most commonly used techniques new timing of therapeutic interventions relative to healing characteristics and in print references wherever possible Features more than a dozen new chapters covering Platelet Rich Protein Injections Restoration of Function After Adult Brachial Plexus Injury Acute Management of Upper Extremity Amputation Medical Management for Pain Proprioception in Hand Rehabilitation Graded Motor Imagery and more Provides access to an extensive video library that covers common nerve injuries hand and upper extremity transplantation surgical and therapy management and much more Helps you keep up with the latest advances in arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management all clearly depicted with full color illustrations and photographs **Postsurgical Rehabilitation Guidelines for the Orthopedic Clinician** Hospital for Special Surgery, JeMe Cioppa-Mosca, Janet B. Cahill, Carmen Young

Tucker,2006-06-08 Designed to help therapists provide post surgical rehabilitation based on best practices and evidence based research this comprehensive reference presents effective guidelines for postsurgical rehabilitation interventions Its authoritative material is drawn from the most current literature in the field as well as contributions from expert physical therapists occupational therapists and athletic trainers affiliated with the Hospital for Special Surgery HSS A DVD accompanies the book featuring over 60 minutes of video of patients demonstrating various therapeutic exercises spanning the different phases of postsurgical rehabilitation Examples include hand therapy procedures working with post surgical patients with cerebral palsy sports patient injuries and pediatric procedures for disorders such as torticollis Material represents the best practices of experts with the Hospital of Special Surgery one of the best known and most respected orthopedic hospitals Phases of treatment are defined in tables to clearly show goals precautions treatment strategies and criteria for surgery Many of the treatment strategies are shown in videos on the accompanying DVD enabling the user to watch the procedure that is discussed in the text Information on pediatric and geriatric patients explores differing strategies for treating these populations Treatments specific to sports injuries are presented highlighting the different rehabilitation procedures available for athletes An entire section on hand rehabilitation provides the latest information for hand specialists Information on the latest treatment strategies for hip replacement presents complete information on one of the most common procedures Easy to follow guidelines enable practitioners to look up a procedure and quickly see the recommended rehabilitation strategy A troubleshooting section provides solutions for common problems that may occur following each phase of the rehabilitation process Broad coverage addresses both traditional techniques as well as newer methods in a single resource Clear photos and illustrations show how to correctly perform the techniques described in the book

Directory of Living Aids for the Disabled Person ,1982

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web dec 17 2011 sample observation of a 12 month old boy the child s environment ryon is 12 months old he has blue eyes and has fine short blonde hair he has almond shaped eyes and a very light complexion he is sitting on the floor in his living room which is sparsely furnished with two couches and a television

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web toddler observation hours of sleep i played with him for a few hours and around two oclock he took a nap woke up at around four thirty if jackson has this same routine everyday then he will get around ten and half hours asleep which is normal for a toddler his age p 104 2 did any of the toddlers behavior seem unusual for this age explain

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web child development toddler observation spring 2013 purpose to see toddlers at work and play in a developmental setting to connect observed toddler behavior with data from the text to practice careful descriptive objective observation directions *reflective report on toddler observation gradesfixer* - Jun 01 2022

web ryan is a twelve month old brown haired brown eyed white toddler he is caucasian with almond shaped eyes i met him at a friend s suburban residence on 10 th february 2020 where he and she live i was there between 12 pm and 6 p m at her place i discovered ryan seated on the living room floor

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web for example in settings practitioners will notice when children have fallen over they will notice that children have run out of glue they will observe and monitor what needs doing as children tidy up these informal observations are vital to the smooth running of the setting

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web descriptive a good observation is one that describes the interaction between the child and another child an adult or an object the description doesn t have to be long and drawn out but it should give a sense of the interaction with that youngster *observation strategies for thoughtful observers child care* - Jan 08 2023

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web jan 31 2023 work samples you can include mark making drawings construction and crafts to document observations of babies and toddlers in your care as you collect evidence of their work also add a short text description of what you saw

occurring for example the toddler switching hands during mark making or the exact words sound

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web i observed toddlers in a childcare setting the children engaged in activities like playing and singing i also observed their behavior as they took their meal the childcare setting was spacious enough to allow the toddlers to interact with each other

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web two toddlers named emma and kristy both 2 5 years old were playing with baby dolls kristy sat the doll in her lap and grabbed a book and pretended as though she was reading to the doll while emma was rocking and singing to her doll

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web may 23 2016 2873 the male child w was observed four times over the course of two weeks totaling four hours he was placed in a classroom designated for 2 year olds along with about 12 other children staffed by two full time teachers and a part time teacher the classroom was a very loud and over decorated environment

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web feb 28 2020 the observation was over and i walked the toddler back to class to play with her friends she ran ahead of me into the room during the observation i always asked if the toddler could do something without me demonstrating with p she could do most of the things with just an audio prop but with l i had to demonstrate every single action i asked

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web aug 15 2018 take this example from dr julian grenier s piece on observations in nursery world clive said to jason jump jason jumped and landed in the puddle i do it said clive and he had a turn but missed the puddle jason said oh no clive you have to do it like this he jumped again you look at the puddle and jump on it

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web apr 1 2015 effective observations will benefit each individual child ensuring that the plans and experiences that follow have been considered based on thorough knowledge of the child and purposeful observations you can find a variety of observation templates and completed samples on our templates page observation templates references

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web sharing observations with families for example you might share how a toddler moved a toy shopping cart back and forth until she figured out how to squeeze it behind a table and you might highlight how the child was learning about space and size

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