

# Occupational Therapy Toolkit

## Essential Tremors

### **Functional Limitations:**

ADL, IADL, work and leisure impairment  
Action and postural tremors of the hands, head and voice  
Minimal or no tremor present at rest

### **Assessments:**

Assess ability to write, draw a spiral and pour liquid

### **Occupational Therapy Intervention:**

ADL, IADL, work and leisure training with modifications to reduce tremor

Retrain hand dominance

Provide UE therapeutic exercises for strengthening

Teach stress management and relaxation techniques

Educate patient and caregivers in essential tremors, the availability of community resources and encourage participation in support groups

### **Patient Education:**

1. Strategies to Reduce Action Tremor
2. Upper Body Strengthening and Stretching Exercises
3. Hand Strengthening Exercises
4. Stress Management and Relaxation Techniques