

Occupational Therapy Toolkit

Stroke / CVA

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment
Limited range of motion
Impaired upper extremity strength and function
Limited activity tolerance and endurance
Pain (thalamic pain syndrome, mechanical, RSD)
Edema UE
Abnormal muscle tone
Impaired posture/trunk control
Impaired sitting balance
Impaired standing balance
Sensory deficit
Impaired coordination
Impaired hand function
Language disorders (aphasia, dysarthria)
Dysphasia
Apraxia
Body image disorder
Visual perceptual impairment
Cognitive impairment
Behavioral disorders (depression, lability, low frustration tolerance, impulsivity)
Bladder dysfunction (diminished bladder control with urge incontinence)
Environmental barriers
Fall risk

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...

Provide a consistent approach

Use of compensatory techniques (adaptive equipment, task modification, one-handed techniques, hand over hand guiding techniques, task segmentation, end-chaining)

Incorporate affected extremity with all activities

Instruct in energy conservation techniques

Assess environment and provide modifications for safety, improved performance and energy conservation

Driving assessment and adaptations

Occupational Therapy Toolkit

Stroke / CVA

Functional mobility and transfer training

Train in proper transfer techniques and bed mobility skills as they relate to ADL and IADL tasks

Instruct in safe walker use and transporting items (walker bag or tray).

Instruct in wheelchair mobility

Instruct in car transfers and community mobility skills

Provide inhibition and/or facilitation techniques to normalize tone of affected extremity.

Provide therapeutic exercises and activities to improve functional use of affected extremity, sitting balance/trunk control

Provide strengthening exercises for non-affected extremity

Provide splinting to protect hand/wrist and prevent contractures

Resting hand for flaccidity to mild tone

Spasticity splint for moderate to high tone

Instruct patient and caregiver in proper care of the affected extremity

Preventing and controlling edema

Passive ROM exercises

Self-ROM exercises

Protection of the extremity during bed mobility, transfers and ambulation

Use of a sling during transfers and ambulation

Proper positioning in bed, and wheelchair to prevent contractures and skin breakdown

Care and use of positioning splint

Use of a laptray

Teach compensatory training for perceptual deficit

Provide cognitive retraining and training in the use of compensatory strategies

Educate regarding falls risk and prevention strategies

Educate patient and caregivers in disease process, availability of community resources and encourage participation in support groups

Occupational Therapy Toolkit

Stroke / CVA

Assist in developing self-management skills (effective communication, positive coping strategies, stress reduction, physical activity and exercise, medication management, healthy eating, and making informed decisions about medical and alternative treatments)

Patient Education:

1. Edema Control Techniques
2. Splint Instructions
3. Home Exercise Program Face Sheet
4. Self-ROM Exercises - Left Hemiplegia
5. Self-ROM Exercises - Right Hemiplegia
6. Passive ROM and Stretching Exercises
7. Weight Bearing Exercises - Left Hemiplegia
8. Weight Bearing Exercises - Right Hemiplegia
9. Upper Body Strengthening Activities
10. Upper Body Active ROM Exercises
11. Hand Strengthening Exercises
12. Handwriting Training
13. Fine Motor Activities
14. Positioning in Bed - Left Hemiplegia
15. Positioning in Bed - Right Hemiplegia
16. Using Your Walker Safely
17. Energy Conservation Principles
18. Energy Conservation with Self Care Activities
19. Energy Conservation with Meal and Home Management
20. Stress Management and Relaxation Techniques
21. Home Safety and Functional Safety Assessment
22. Falls Risks Assessment and Prevention Strategies

Therapist Resources

1. Functional Use of Hemiplegic Upper Extremity