

R.O.M.	
SHOULDER	
Flexion	0 to 170
Extension	0 to 60
Abduction	0 to 170
Horizontal Abduction	0 to 40
Horizontal Adduction	0 to 130
Internal Rotation	0 to 70
External Rotation	0 to 90
ELBOW & FOREARM	
Flexion	0 to 135-150
Supination	0 to 80-90
Pronation	0 to 80-90
WRIST	
Flexion	0 to 80
Extension	0 to 70
Ulnar Deviation	0 to 30
Radial Deviation	0 to 20
THUMB	
MP Flexion	0 to 50
IP Flexion	0 to 80-90
Abduction	0 to 50
FINGERS	
MP Flexion	0 to 90
MP Hyperextension	0 to 15-45
IP Flexion	0 to 110
DP Flexion	0 to 80
Abduction	0 to 25

MANUAL MUSCLE TEST		
GRADE	LETTER GRADE	DEFINITION
0	Zero (0)	No muscle contraction can be seen or felt
1	Trace (T)	Contraction can be felt, but no motion
2-	Poor Minus (P-)	Part moves thru incomplete ROM with no gravity
2	Poor (P)	Part moves thru complete ROM with no gravity
2+	Poor Plus (P+)	Part moves thru incomplete ROM (less than 50%) with gravity, or thru complete ROM with some resistance
3-	Fair Minus (F-)	Part moves thru incomplete ROM (> 50%) with gravity
3	Fair (F)	Part moves thru complete ROM with gravity
3+	Fair Plus (F+)	Part moves thru complete ROM with gravity & some resistance
4	Good (G)	Part moves thru complete ROM with gravity & mod resistance
5	Normal (N)	Part moves thru complete ROM w/ gravity & full resistance

GLASGOW COMA SCALE (Recommended for Ages 4 - Adult)

YES	SCORE
Open:	Spontaneously 4
	To Verbal Cue 3
	To Pain 2
	No Response 1

MOTOR RESPONSE	SCORE
Verbal Cue: Obeys	6
Painful Stim: Localizes Pain	5
	Flexion/Withdrawal 4
	Flexion/Abnormal 3
	Extension 2
	No Response 1

VERBAL RESPONSE	SCORE
Orients & Converses	5
Disoriented & Converses	4
Inappropriate Words	3
Incomprehensible Sounds	2
No Response	1

GCS Total: 3-15

Spinal Nerves	Nerve Roots	Motor Distribution
C5-7	Long thoracic	Shoulder girdle, serratus anterior
C5-6	Dorsal scapular	Rhomboid major & minor, levator scapulae
C7-8	Thoracodorsal	Latisimus dorsi
C5-6	Suprascapular	Supraspinatus, infraspinatus
C5-6	Subscapular	Subscapularis, teres major
C6-8, T1	Radial	All extensors of forearm, triceps
C5-6	Axillary	Deltoid, teres minor
C5-6	Musculocutaneous	Biceps brachii, brachialis
C6-8, T1	Median	Hand & digit flexors, opponens pollicis
C6-T1	Ulnar	Hand & digit flexor, opponens pollicis

		DYNAMOMETER NORMS IN POUNDS						
		Years						
GRASP		20	30	40	50	60	70	80
		R	L	R	L	R	L	R
Female	R	64	60	57	55	51	50	48
	L	56	53	50	50	48	45	43
Male	R	125	120	115	105	95	85	80
	L	117	115	100	95	85	80	70
IP PINCH		Years						
		20	30	40	50	60	70	80
Female	R	14	13	12.5	12	11	10.5	10
	L	13	12.5	12	11	10	9.5	9
Male	R	22.5	22	21	19.5	17.5	16.5	15.5
	L	21	20	18.5	17	16.5	15	14
LATERAL PINCH		Years						
		20	30	40	50	60	70	80
Female	R	14	13.5	13	12.5	12	11.5	11
	L	13.5	13	12.5	12	11.5	11	10.5
Male	R	20.5	22.5	22	21	20	19.5	18
	L	19.5	19	18.5	17	16.5	15	14.5
PALMAR PINCH		Years						
		20	30	40	50	60	70	80
Female	R	15	14	13	12	11	9	8.5
	L	14	13	12	11	10	8	7
Male	R	23	21.5	19.5	18.5	17	15.5	14.5
	L	21	20	18	17	16	14.5	13.5

RANCHO LOS AMIGOS

COGNITIVE SCALE	
LEVEL I	Level V Cont.
No response to pain, touch, sound, or sight	Learning new tasks, agitated by too much stim. May engage in social conversation, but with inappropriate verbalizations
LEVEL II	LEVEL VI
Centralized reflex response to pain	Confused but appropriate. Inconsistent orientation to time & place, recent memory impaired, consistently follows simple directions, goal-directed beh with assistance
LEVEL III	LEVEL VII
Localized response. Glances to strong light, turns toward / away from sound, responds to phys discomfort, inconsistent responds to demands	Automatic-Appropriate. Performs daily routine in familiar environ in confused but robot-like manner. Skills deteriorate in new environ. Lacks realistic planning for own future
LEVEL IV	LEVEL VIII
Confused, agitated, alert, very active, aggressive, or bizarre beh. Performs motor activities, but behavior non-purposeful, extremely short attn.	Purposeful-Appropriate
LEVEL V	
Confused but non-agitated. Gross attn. to environ, highly distractible, req's continual redirection, difficult-	

RIGHT HEMIPLEGIA

- Anxious
- Performs task slowly in order to perform correctly
- Needs positive feedback
- Cautious & disorganized when confronted with an unfamiliar problem

- Difficulty understanding oral instructions
- Understands demonstrative instructions
- Problems with speech (noises from mouth)
- Problems with language (noises, mumbles, gestures, & expressions)

LEFT HEMIPLEGIA

- Impulsive & performs task too quickly
- Omit, minimize, or deny disability
- Difficulty understanding demonstrative instruction
- Understands oral or written instructions
- Disturbance in recognizing faces
- Disturbed body image

- Topographical disorientation (inability to deal with spatial concepts such as above, below, behind, around, etc.
- Disturbed depth perception
- Dressing apraxia (inability to properly dress self)
- Constructional apraxia (inability to copy, draw, or construct designs in either 2 or 3 dimensions)

S.C.I.			S.C.I. (cont)		
Level	Last innervated mm	Mvmts pt can do	Level	Last innervated mm	Mvmts pt can do
C1-C3	Face muscles Neck muscles	Chew Swallow Talk	T6	Top 1/2 of intercostals Long muscles of the back	Increased endurance Stabilization of pectoral girdle
C4	Diaphragm Trapezius	Respiration Elevate scapula	T12	Full intercostals Abdominal muscles	Better endurance Better trunk control
C5	Biceps Brachioradialis Supinator Infraspinatus Deltoid	Flex elbow & supinate Externally rotate shoulder Shoulder abduction to 90-90 Gravity provides shoulder adduct, pronate, & int. rotate	L4	Flow back muscles Hip flexors Quadriceps	Hip flexion Knee extension
C6	Pectoralis major Serratus anterior Latisimus dorsi Radial wrist extensors	Shoulder flexion & reach fwd Shoulder flexion & reach fwd Shoulder intern rotate & extend Increased respiratory reserve Pronation, tenodesis	FIM  [7] Completely Dependent [6] Mod 1 - with device, +time, safety precautions [5] Supervision / Set up / Standby - no physical contact [4] Min Contact Assist - pt. does 75%, physical contact w/ pt [3] Mod Contact Assist - pt does 25-50%, phys contact w/ pt [2] Max Assist - pt does 25-50% [1] Total Assist - pt does 0-25%		
C7	Triceps Extinsic finger extension Flexor carpi radialis	Elbow extension Active finger extension Wrist flexion			
C8-T1	Intrinsic (including thumb) Ulnar wrist flexors & extensors Extrin. finger flexors, thumb flex/extend	Full UE control, including fine coordination & grasp	Completely Dependent		

Otpf Cheat Sheet

Marie Morreale



Otpf Cheat Sheet:

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

Occupational and Activity Analysis Heather Thomas, 2024-06-01 Newly updated to reflect the Occupational Therapy Practice Framework Domain and Process Fourth Edition OTPF 4 *Occupational and Activity Analysis Third Edition* outlines the process of conducting occupational and activity analyses for occupational therapy students and clinicians Occupational therapy practitioners use occupations and activities not only as a goal but also as a treatment medium so understanding both the uniqueness of a client's occupations and how an activity can be used therapeutically is essential This text is an introduction to both realms first by explaining the process by which to peel back the layers of an occupation or activity to reveal its intricacy and then examining how to use this information for evaluation and intervention Dr Heather Thomas has updated *Occupational and Activity Analysis Third Edition* to reflect the significant changes made to the activity analysis process and terminology in the OTPF 4 Conducting either an occupational or activity analysis investigates not only what is

required for full participation but also looks at the meaning ascribed to it by the people groups or communities engaging in it and how personal and environmental contexts impact participation What's new and included in the Third Edition Chapters throughout the text have been updated to reflect the changes in the OTPF 4 Updated educational standards set by the Accreditation Council for Occupational Therapy Education ACOTE for doctoral and master's level and occupational therapy assistant programs Additional cases and relevant clinical examples Updated tables boxes and figures throughout Expanded section on communication management Appendices containing updated occupational and activity analysis forms Example of a full activity analysis Updated and added photos to help students understand concepts Included with the text are online supplemental materials for faculty use in the classroom As a foundational skill occupational and activity analysis is utilized throughout students careers and into their lives as practitioners making Occupational and Activity Analysis Third Edition the perfect textbook for the occupational therapy or occupational therapy assistant student faculty or clinician

The OTA's Guide to Writing SOAP Notes Sherry Borcharding, Marie J. Morreale, 2007 Written specifically for occupational therapy assistants The OTA's Guide to Writing SOAP Notes Second Edition is updated to include new features and information This valuable text contains the step by step instruction needed to learn the documentation required for reimbursement in occupational therapy With the current changes in healthcare proper documentation of client care is essential to meeting legal and ethical standards for reimbursement of services Written in an easy to read format this new edition by Sherry Borcharding and Marie J Morreale will continue to aid occupational therapy assistants in learning to write SOAP notes that will be reimbursable under Medicare Part B and managed care for different areas of clinical practice New Features in the Second Edition Incorporated throughout the text is the Occupational Therapy Practice Framework along with updated AOTA documents More examples of pediatrics hand therapy and mental health Updated and additional worksheets Review of grammar documentation mistakes Worksheets for deciphering physician orders as well as expanded worksheets for medical abbreviations Updated information on billing codes HIPAA management of health information medical records and electronic 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 **Willard and Spackman's Occupational Therapy** Gillen, Glen,Catana Brown,2023-07-13 A foundational book for use from the classroom to fieldwork and throughout practice Willard Spackman s Occupational Therapy 14th Edition remains the must have resource for the Occupational Therapy profession This cornerstone of OT and OTA education offers students a practical comprehensive overview of the many theories and facets of OT care while its status as one of the top texts informing the NBCOT certification exam makes it an essential volume for new practitioners The updated 14th edition presents a more realistic and inclusive focus of occupational therapy as a world wide approach to enhancing occupational performance participation and quality of life It aims to help today s students and clinicians around the world focus on the pursuit of fair treatment access opportunity and advancement for all while striving to identify and eliminate barriers that prevent full participation *Fieldwork Educator's Guide to Level II Fieldwork* Elizabeth DeJuliis,Debra Hanson,2024-06-01 A new comprehensive resource for fieldwork educators and academic fieldwork coordinators Fieldwork Educator s Guide to Level II Fieldwork provides a blueprint for designing implementing and managing Level II fieldwork programs for occupational therapy and occupational therapy assistant students across practice settings Drawing from the expertise of renowned individuals in the field Drs Elizabeth D DeJuliis and Debra Hanson provide the tools for fieldwork educators and academic fieldwork coordinators to put together learning frameworks educational theories and clinical instructional techniques within and outside occupational therapy in order to create and maintain high quality Level II learning experiences Fieldwork Educator s Guide to Level II Fieldwork challenges fieldwork educators and academic fieldwork coordinators to shift their mindset to facilitating skill acquisition and to adjust their teaching approach to match the learning needs and developmental level of the student Designed to meet the definition of Level II fieldwork according to the 2018 Accreditation Council for Occupational Therapy Education standards and in response to common pitfalls and challenges in clinical education today Fieldwork Educator s Guide to Level II Fieldwork is the go to guide for the busy practitioner and academic fieldwork coordinator What is included in Fieldwork Educator s Guide to Level II Fieldwork Expansive overviews of supervision models and vignettes illustrating use across practice settings Examples and templates to construct a learning plan site specific learning objectives orientation weekly schedules and learning contracts Tools and strategies to uniquely develop and foster clinical reasoning in fieldwork Models for dually approaching supervision and mentorship Strategies for addressing unique student learning and supervision needs Fieldwork Educator s Guide to Level II Fieldwork can be used as a standalone resource or as a complement to Fieldwork Educator s Guide to Level I Fieldwork which was designed in tandem with this text to holistically address Levels I and II fieldwork education Occupational Therapy Practice Framework American Occupational Therapy Association,2002 Describes the domain that centers and grounds the occupational therapy profession s focus and actions and also outlines the process of evaluation and intervention

Pedretti's Occupational Therapy - E-Book Heidi McHugh Pendleton, Winifred Schultz-Krohn, 2024-03-25 2025

Textbook and Academic Authors Association TAA McGuffey Longevity Award Winner Selected for 2025 Doody's Core Titles with Essential Purchase designation in Occupational Therapy Gain the knowledge and skills you need to treat clients/patients with physical disabilities Pedretti's Occupational Therapy Practice Skills for Physical Dysfunction 9th Edition uses a case-based approach threaded through each chapter to provide a solid foundation in evaluation, intervention, and clinical reasoning. The text continues to support the entry-level occupational therapist and the experienced occupational therapist focused on expanding skills and knowledge. With the OT practice framework as a guide, you will focus on the core concepts and central goals of client care. And by studying threaded case studies, you will learn to apply theory to clinical practice. Written by a team of expert OT educators and professionals led by Heidi McHugh Pendleton and Winifred Schultz-Krohn, this edition includes an eBook free with each new print purchase featuring a fully searchable version of the entire text. UNIQUE Threaded case studies begin and are woven through each chapter, helping you develop clinical reasoning and decision-making skills and to apply concepts to real-life clinical practice. UNIQUE Ethical Considerations boxes examine the obligation to collaborate with clients on their care, using evidence to select treatment options. UNIQUE OT Practice Notes convey important tips and insights into professional practice. Illustrated evidence-based content provides a foundation for practice, especially relating to evaluation and intervention. Information on prevention rather than simply intervention or treatment shows how OTs can take a proactive role in client care. Focus on health promotion and wellness addresses the role of the occupational therapist in what the AOTA has identified as a key practice area. Content on cultural and ethnic diversity is included in every chapter, reflecting occupational therapy's commitment to this important issue. Key terms, chapter outlines, and chapter objectives highlight the information you can expect to learn from each chapter.

Preparing for The Occupational Therapy Assistant National Board Exam: 45 Days and Counting Rosanne DiZazzo-Miller, Fredrick D. Pociask, 2017-08-30 Preparing for the Occupational Therapy Assistant Board Exam 45 Days and Counting provides a comprehensive overview for occupational therapy assistant students preparing to take the Certified Occupational Therapy Assistant (COTA) exam. Each new print copy includes Navigate 2 Preferred Access that unlocks a complete eBook, Study Center, Homework and Assessment Center, Navigate 2 TestPrep with over 500 practice questions.

Health System Management and Leadership - E-Book William R. VanWye, Dianna Lunsford, 2023-10-05 Prepare to be a more effective physical or occupational therapy professional by learning skills in healthcare leadership, management, and policy. Health System Management and Leadership for Physical and Occupational Therapists provides a guide to essential topics such as health legislation, current issues in health care, professionalism, proposal and grant writing, business administration, quality assurance, insurance, and billing, and managing a therapy practice in a variety of care settings. Written by a team of expert contributors led by physical and occupational therapy educators William R. VanWye and Dianna Lunsford, this resource helps readers become well-informed and

knowledgeable physical and occupational therapy professionals Objectives and Key Terms at the beginning of each chapter guide your study and ensure that you understand important concepts and terminology Chapter Summaries review the key content in each chapter Figures with discussion prompts and key points are provided throughout the text An eBook version is included with print purchase The eBook allows you to access all of the text figures and references with the ability to search customize your content make notes and highlights and have content read aloud

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

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