STRATEGIES TO EMPOWER YOUR LIFE: PHYSICAL AND OCCUPATIONAL THERAPY INTERVENTIONS

Samana Khan MA OTR/L

Michelle Farella-Accurso PT, D.P.T.

PRIORITIZE

Leisure

Work, School

IADLS

ADLS

Health/Medical needs

COMMITMENT

- Compliance
  - Time daily
  - Patience
  - Weekly visits

BODY MECHANICS

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- Joint protection strategies

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- Natural and external bracing
- Cues from environment

POSTURE

- Affects of posture: cardiovascular system, trauma to spine
- To Address:
  - Internalization training
  - Manual therapy

POSTURE

- DEMO: Stack your blocks!

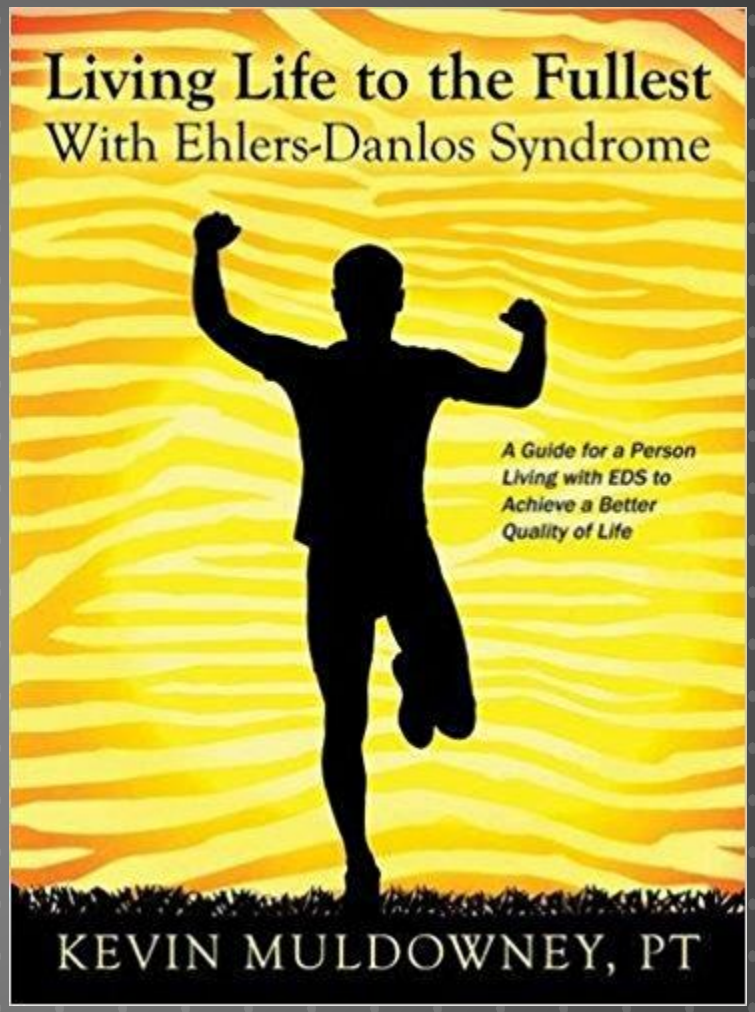
STABILITY

- Survival mode, relying on inefficient movements = constant trauma
  - "Our biggest problem is we don't have time to heal before we re-injure ourselves."

Need to build an internal bracing system through a stabilization program, focusing on increasing proprioception

STABILITY

- What to look for/ ask in a therapist

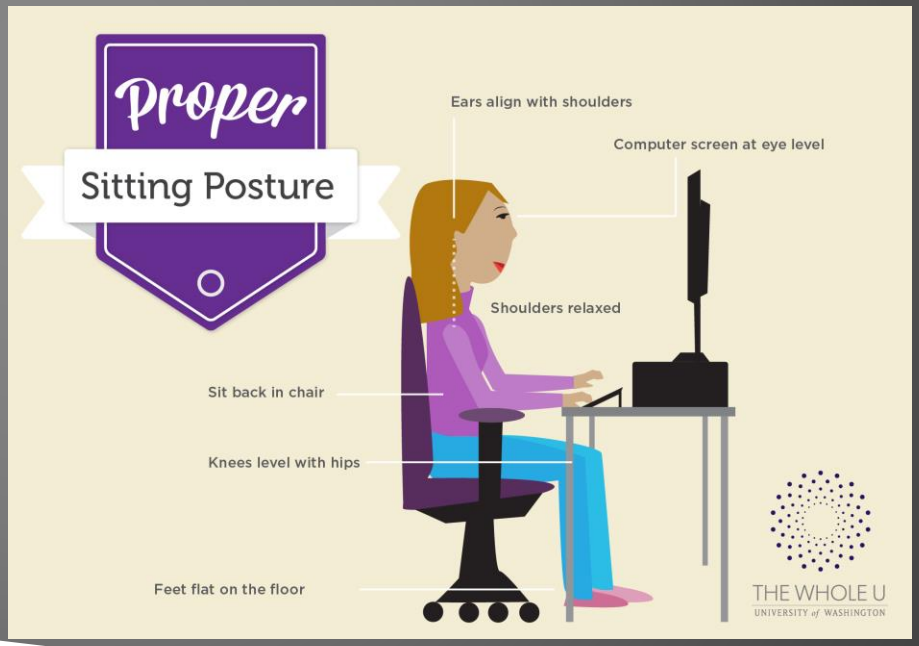


HOME ADAPTATIONS

- Lighting
- External support and adaptive equipment
- Rearranging kitchen, closet
- Keeping frequently used items accessible
- Removing trip hazards
- Sleep positions- – progressive muscle relaxation
- Community resources- Peapod, Blue Apron

HOME ADAPTATIONS

- Computer use:
  - Check desk height
  - Check workstations setup
  - Take breaks
  - Check lighting and airflow



ACTIVITIES OF DAILY LIVING

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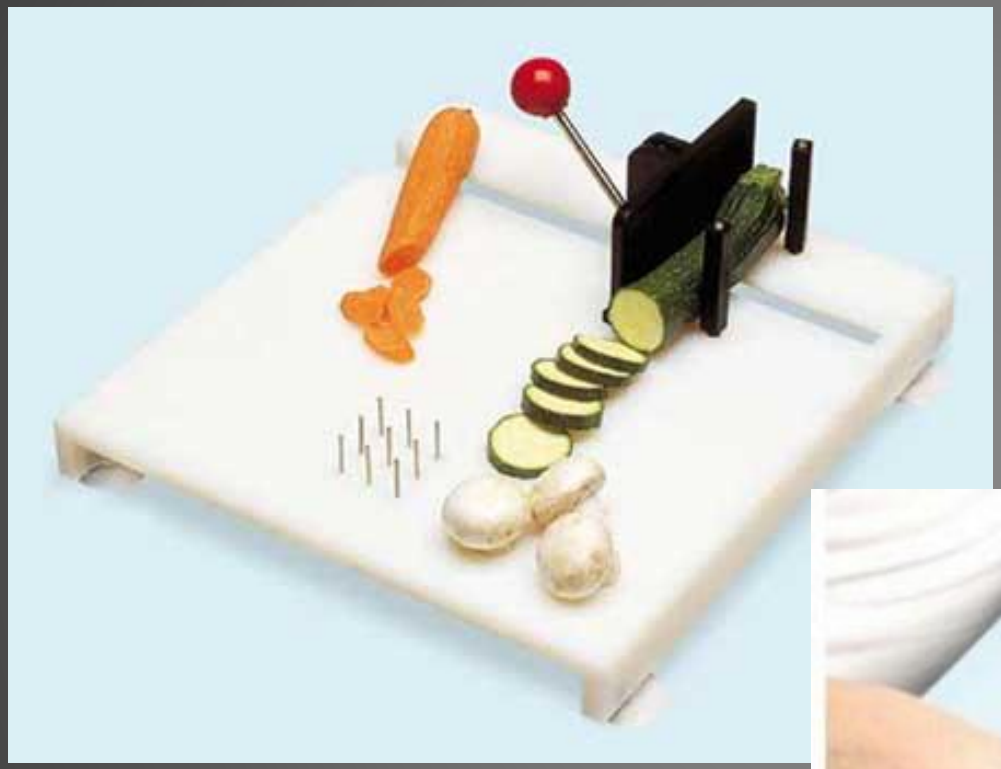

ENERGY CONSERVATION -> PAIN MANAGEMENT

- Take breaks
- Set reasonable and realistic expectations and goals
- Learn your limits
- Educate others
- Your body limitations should not reflect your intellectual limitations

PAIN MANAGEMENT

- Prevention
- Awareness
- Therapy

Awareness + Skill set knowledge + Guidance + Compliance = EMPOWERMENT

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