

**FOLLOW ALONG
TREATMENT VIDEO
FOR OT's and PT's!!!**



**SHARE SCREEN TO
ALLOW PARENTS
TO FOLLOW ALONG
WITH THE
EXERCISES!!!**

Thera Era Presents:

PEDIATRIC TELETHERAPY: A HOME EXERCISE GUIDE FOR OT's and PT's

TREATMENT PLAN INCLUDES:

**Muscle Strengthening
Bilateral Coordination
Eye Hand Coordination
Sensory Techniques: Tactile, Proprioception, Vestibular**

TARGET POPULATION:

2-4 years old (can be adapted to other ages as well)

GOALS:

- 1. Clinical Guide For Therapist**
- 2. Exercise Guide For Parents**
- 3. Minimal Use of Equipment**
- 4. Use of Commonly Found Household Equipment**
- 5. Provide Comprehensive Treatment Plan to Achieve Client Goals**
- 6. Easing Telehealth Barriers**

The optimal way to utilize this program is for the therapist to share his/her screen with the caregiver performing teletherapy. Caregivers can then have a visual demonstration of the exercises to be performed. Videos can be paused or fast forwarded if necessary. The child is also motivated to imitate the action performed on the video. ENJOY!!