

Adult - OT/OTA Study Guide

Common conditions	<ul style="list-style-type: none"> • Parkinson's • Vertigo • Cerebral Palsy • Visual impairments • Mental health • CVA • TBI • Hip replacements • Knee replacements, meniscus repairs, and patellar tendon repairs • Cervical, lumbar, and ankle pathologies <ul style="list-style-type: none"> ○ Lower back pain video ○ Bulging disk ○ Radiculopathy ○ Sciatica ○ Piriformis syndrome ○ Plantar fasciitis • Shoulder pathologies <ul style="list-style-type: none"> ○ Shoulder pain video ○ **RTC repair ○ Subluxation • Wrist pathologies <ul style="list-style-type: none"> ○ DQ ○ Carpal tunnel
Assessments	<ul style="list-style-type: none"> • Barthel ADL index • MOCA • Slums • Vision • Balance <ul style="list-style-type: none"> ○ TUG ○ Tinetti • MMT • ROM • Reflex testing
Modalities	<ul style="list-style-type: none"> • Moist hot packs • IFC • NMES • Ultrasound • Iontophoresis • Phonophoresis

Pediatrics - OT/OTA Study Guide

Common conditions	<ul style="list-style-type: none"> • Autism • Other signs and symptoms involving general sensations and perceptions. • Cerebral Palsy • Generalized muscle weakness • Lack of coordination • **Delayed milestones • Down syndrome • Microdeletion syndrome • Seizures • Vertigo • Behavioral challenges <ul style="list-style-type: none"> ○ Behavior or sensory video
Assessments	<ul style="list-style-type: none"> • PDMS 2 • Short sensory profile • Reflex testing • Balance <ul style="list-style-type: none"> ○ TUG ○ Tinetti • MMT • ROM • FM • GM • Vision & visual perception skills <ul style="list-style-type: none"> ○ Beery VMI • Other clinical observations: <ul style="list-style-type: none"> ○ Bilateral coordination ○ Behavior ○ Cognition <ul style="list-style-type: none"> ▪ Letters, numbers, and colors ○ Play ○ Handwriting <ul style="list-style-type: none"> ▪ Types of grasps ○ ADLs
Sensory	<ul style="list-style-type: none"> • Low arousal vs high arousal
Additional readings	<ul style="list-style-type: none"> • https://www.therapeeds.com/en/blogs/for-therapists/know-the-process-to-treat-a-process

Ideas for FW Final Projects

- Self-care resource for students at SHARKKS
- Autism resource brochure for parents
- Cervical protocol
- Peds evaluation protocol for children older than 5 years, 11 months.
- Reflex integration interventions, other than reflex exercises