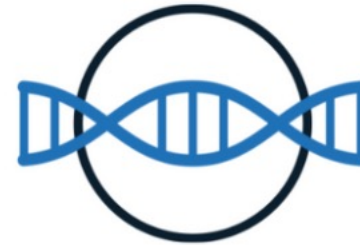




**UC Irvine
Health**

Douglas Scott
UCI Health
Occupational Therapy



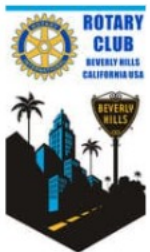
GNEM SYMPOSIUM SPEAKER SERIES

presented by The Neuromuscular Disease Foundation

“Occupational or Physical Therapy:

- What's the difference?**
- How therapy helps with individual challenges!”**

Friday, August 27th 2021 • 10am PST



Sponsored by: Rotary Club of Beverly Hills

An Overview of what to expect in this talk:

- Briefly discuss the similarities and differences between Occupational and Physical Therapy
- Discuss the areas of assessment performed by Occupational and Physical Therapists and how they are used to address individual needs.
- Provide sample of Home Exercise Program to address specific questions.



Occupational and Physical Therapy Defined

Physical Therapists

- Post Graduate Degree required (Doctorate)
- Certified by a national board
- Licensed by the state in which they practice
- Practice under the standards and guidelines set for by national association (APTA)
- Continuing Education requirements in specialty areas for Advance Certifications

Occupational Therapist:

- Post Graduate Degree required (Masters, Doctorate)
- Certified by a national board (NBCOT)
- Licensed by the state in which they practice
- Practice under the standards and guideline set forth by national association (AOTA)
- Continuing Education requirements in specialty areas for Advanced Certifications



Occupational and Physical Therapy Defined cont.

Physical Therapy

Physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education.

Physical therapists diagnose and treat individuals of all ages, from newborns to people at the end of life. Many patients have injuries, disabilities, or other health conditions that need treatment. But PTs also care for people who simply want to become healthier and to prevent future problems.

Physical therapists examine each person and then develop a treatment plan to improve their ability to move, reduce or manage pain, restore function, and prevent disability.

Physical therapists can have a profound effect on people's lives. They help people achieve fitness goals, regain or maintain their independence, and lead active lives.

Occupational Therapy

Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability. Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person, and the person is an integral part of the therapy team. It is an evidence-based practice deeply rooted in science.



Occupational and Physical Therapy Simplified Definition

Occupational Therapy

What are you able to do?

What do you need to do?

What would you like to do?

Physical Therapy

How are you moving?

How can we improve on your movement?

Can we make modifications to help you move safely?



Areas of Assessment: Physical Therapy

Physical abilities and limitations

Transfers

Ambulation and mobility

Home and community accessibility

Adaptive device assessment / exploration

Home Exercise Program



Physical Therapy Assessment

Physical abilities and limitations

Range of Motion

Lower Extremity Strength

Lower extremity flexibility

Trunk Control



Physical Therapy Assessment

Transfers

Sit to stand

Car

Bed

Toilet and Tub/shower



Physical Therapy Assessment

Ambulation and Mobility

Walking

Wheelchair Mobility

Bed Mobility



Physical Therapy Assessment

Home and community accessibility

Stair Management

Household ambulation

Lifts

Rails

Home Modifications



Physical Therapy Assessment

Adaptive device assessment / exploration

Lower Extremity Orthoses

Ambulation devices

Wheelchair assessment

Transfer devices

Stair Lifts

Ramps

Handrails



Areas of Assessment: Occupational Therapy

- Physical abilities and limitations
- Activity of Daily Living (ADL) participation
- Daily functional task (IADL) participation
- Adaptive device assessment / exploration
- Exercise program
- Community resource exploration



Occupational Therapy Assessment

Physical Abilities and Limitations of Upper Extremities

Range of motion

UE strength

Hand strength

Fine motor / dexterity



Occupational Therapy Assessment

Activities of Daily Living (ADL's)

Eating

Bathing

Dressing

Toileting



Occupational Therapy Assessment

Daily Functional Tasks (IADL's)

Work

Home management

Caregiving

Handwriting

Leisure participation / exploration



Occupational Therapy Assessment

Adaptive techniques / device assessment and exploration

Eating, grooming and bathing techniques

Bathing equipment

Adaptive utensils

Handwriting tools

Resting and positioning splints

Energy Conservation



Occupational Therapy Assessment

Exercise Program

Strengthening

ROM

Stretching / Flexibility



Occupational Therapy Assessment

Community Resource Exploration

Transportation

Home Safety



Individual Needs Assessment

Collaborative Interview with the individual and both disciplines.

Recognition of the uniqueness of each person, presentation, and situation

Creates Conversation vs. interrogation

Reduces need for repetition of abilities and needs

Provides additional “Eyes and Ears” during the conversation.

Allows for related questions to be answered at once

Recognition of specific needs and areas to address.



Individual Needs Assessment

Occupational Therapy

- ADL Needs
- IADL needs
- Upper Extremity functioning
- Adaptive device recommendations
- Community resource recommendations
- Home exercise recommendations

Physical Therapy

- Mobility Needs
- Ambulation Needs
- Lower Extremity functioning
- Adaptive Device recommendations
- Wheelchair assessment
- Home exercise recommendations



Questions

The following questions were provided participants prior to this presentation.

NOTE: These exercise examples are for reference only! **ALWAYS** consult with your MD, PT or OT before beginning or performing any type of exercise regimen!



Question #1

Can you provide examples of
“antigravity” (gravity eliminated)
exercises that can be performed without
assistance?

- Isometric Exercises
- Extremity Supported Exercises



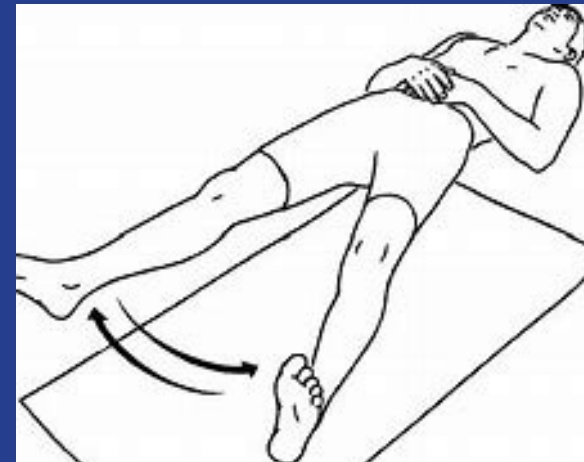
Isometric Exercises

- Muscle contraction without joint movement
- Helps maintain strength
- Helps maintain posture (antigravity muscles)
- Can be performed in multiple positions



Extremity Supported Exercises

- Used to help strengthen
- Helps strengthen weak muscles
- Helps maintain flexibility and improve Range of Motion
- Can be performed in multiple positions (seated, back lying, side lying)
- Minimal equipment needed (towels, tabletop, bed/floor)



Question #2

Can you provide examples of how to address wheelchair use and low back pain?

- Trunk Exercises
- Wheelchair Assessment



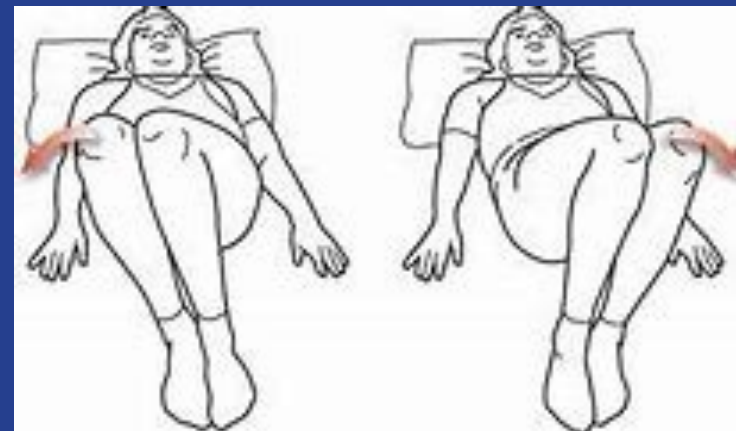
Wheelchair Use and Low Back Pain

Trunk Exercises

- Pelvic Tilts
- Abdominal Bracing
- Trunk Rotations

Wheelchair Assessment

- Lightweight vs. standard wheelchair
- Assistive propulsion
- Power chair.



Question #3

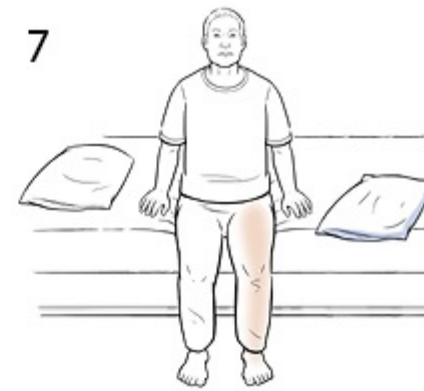
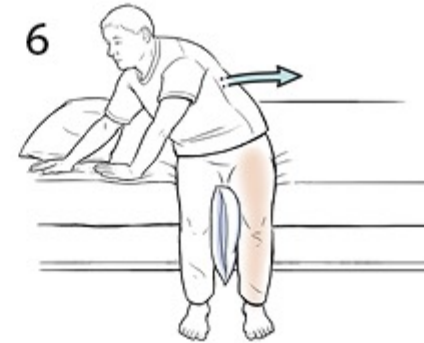
Do you have a technique to help with rolling in bed?

- Log Rolling
- Momentum Rolling
- Adaptive Device Exploration



Log Rolling

1. Start from lying on your back.
2. Bring both knees toward chest as high as you are able.
3. Cross your arms across your chest
4. Turn lower trunk in direction you wish to turn and follow with your shoulders.



Momentum Rolling

- When lying on your back, cross one leg over to the direction you want to turn.
- Clasp both hands together. If possible, extend your arms in front of you.
- Rock your shoulders left and right to gain momentum.
- “Throw” both arms to side you want to turn and use the momentum to help bring your hips over.

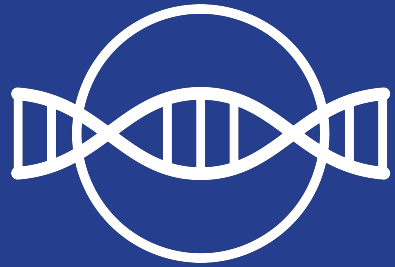


Adaptive Bed Mobility Devices



Questions?





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Speaker Series #82721

Douglas Scott, UCI Health Occupational Therapist

FINAL HIGHLIGHTS:

“Occupational or Physical Therapy: What’s the difference & how therapy helps with individual challenges”

Key Takeaways

- Occupational and Physical Therapists provide specific and unique perspectives of a person’s abilities.
- Physical Therapists assess a person’s ability to move throughout their environment.
- Occupational Therapist assess a person’s ability to perform daily functional tasks.
- Using a collaborative assessment process, OT’s and PT’s make appropriate recommendations of adaptive devices, activity modifications, and exercise programs that meet the individual’s specific needs.



References:

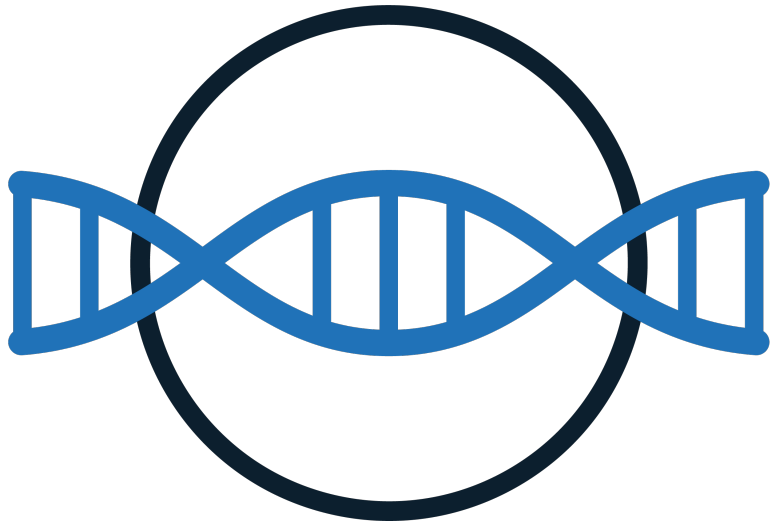
What is Occupational Therapy? Found on 8/22/2021 at: <https://www.aota.org/>

What do Physical Therapists Do? Found on 8/22/2021 at <https://www.apta.org>



Thank You!





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