

CLINICAL TRAINING TIP

Functional Activities for Room Treatments

Room treatments are becoming more and more of a necessity than in years past. The therapy gym offers a traditional clinical experience, but therapists should be comfortable varying their delivery environments. Contrastively to performing exercises in the therapy gym, room interventions allow the therapist to provide services in a more realistic setting, simulating the home environment. There are many different ways therapy can be provided in the resident's room that require little, if any, materials or equipment. The chart below lists multiple functional activities that can be easily addressed in the patient's room. Although the activities are separated by discipline, some can be easily adjusted to address functional deficits/underlying impairments present in other disciplines.

PHYSICAL THERAPY	
Bed Mobility Tasks	Functional Mobility to/from Toilet
Transfers (i.e., bed, chair, wheelchair, sliding board, walker)	Sit to Stand Transfers from Lower Services Without Armrests
Wheelchair/Walker Training in Small Spaces	Squatting to Retrieve Items on Floor
Remove and Replace Leg Rests on Wheelchair	Exercises (i.e., Thera band, body weight)
Practice Locking/Unlocking Wheelchair Brakes	Quadrapped Activities on the Bed
Scavenger Hunt with Reacher (i.e., hide items; patient retrieves)	Resistive Exercises (i.e., adduction squeeze against pillow)
Make Balance Beam on Floor with Tape	Balloon for Dynamic Weight Shifting
Tabletop Activity While Standing on a Pillow	Create an Obstacle Course
Picking Up Room	Use Post-it Notes to Play Tic-Tac-Toe in Standing
Fill Cup of Water and Walk Across Room	Edema Management
Basketball (throw rolled up socks, crumpled paper)	Patient Education
Yoga, Zumba, Tai Chi, Dancing	Standardized Assessments
OCCUPATIONAL THERAPY	
Self-Feeding	Spill Management With a Reacher
Bathing, Dressing, and Toileting Tasks-With/Without Adaptive Equipment	Disinfect Surfaces (i.e., tables, devices, walker, wheelchair)
Pelvic Floor/Urinary Incontinence Training	Wipe Windows and Bathroom Mirror
Gathering Items for ADLs	Reorganize Closets/Drawers
Hygiene and Grooming Tasks (i.e., comb hair, oral /denture care)	Folding Laundry (i.e., hang clothes, match socks, fold linens/blankets)
Shaving	Dust Furniture/Objects
Resistive Exercises/ Exercises (i.e., Thera band, body weight)	Simulate Washer and Dryer Using Back of Chair
Pedicure/ Manicure/Nail Care	Clean and Organize Bathroom
Remove/Replace Shoe Lace, Tying Shoes	Make Bed (i.e., change sheets, pillow cases)
Reaching at Edge of Bed Using Reacher	Writing Recipes
Wall/Wheelchair Push Ups	Label Clothing
Washing Hands and Proper Hygiene	Use Dry Erase Markers on Windows
Applying Makeup	Origami
Wring out Wash Cloths	Eye Spy (visual scanning)
Seating and Positioning Tasks	Write Letters to Family/Friends
Standardized Assessments	Patient Education
SPEECH THERAPY	
Memory/Sorting with Deck of Cards	Create a Shopping List
Use of Remote Control/Call Buttons	Plan an Event or Activity
Create Sequence Checklist for Morning ADLs	Create a Calendar (i.e., add MD appointments, activities)
Patient Education	Word Search/ Crossword Puzzles
Using Smart Phones/IPAD (i.e., apps for language/cognition)	Follow Simple and Multi-Step Commands
Plan a Meal	Orientation Tasks (person, place, time, situation); Activities Calendar
Sequencing of ADLs (i.e., brushing teeth, getting dressed, making bed)	Grocery List Recall/ Word Recall (family names, medications, states)
Dysphagia (compensatory techniques/ strategies)	Short Term Recall (i.e., grocery list, telephone message recall)
Answer Functional WH- Questions	Basic/Complex Yes/No Questions
Standardized Assessment	Object Identification/Naming