

101 Occupation-Based Treatment Ideas to Use in a Busy Clinic
AOTA Conference - Nashville, TN - April 16, 2015
Mariann Moran, OTD, OTR/L, CHT; Brocha Z. Stern, MOT, OTR/L; Shannon Moran, COTA

		Prehension	Manipulation	Range of Motion	Strengthening	Sensory Re-Ed	Vision	Sensory-motor	Cognition	Can Use as HEP
1	Baking	X	X	X	X	X			X	X
2	Bananagrams / Scrabble	X	X				X		X	
3	Baoding Balls / Chinese Balls		X	X		X		X		
4	Barrel of Monkeys	X	X				X			
5	Basketball			X	X			X		X
6	Bean Bag Toss / Ring Toss			X	X			X		
7	BTE Work Simulations	X		X	X			X		
8	Button Bingo / Button Chain	X	X				X		X	
9	Card Games	X	X	X			X		X	
10	Cat's Cradle	X	X				X	X	X	
11	Checkers / Chess (Velcro, Magnets)	X		X	X		X		X	
12	Childcare <i>Andrea L. Garcia, MSW, OTR/L</i>		X		X			X		X
13	Chopsticks Transfers	X	X							
14	Cleaning			X				X		X
15	Coin Activities	X	X			X				
16	Concentric Circle Frisbee			X	X			X		
17	Connect Four	X	X	X			X		X	
18	Copper Tracing / Scratch Offs	X			X		X			
19	Cotton Picker Transfers			X	X					
20	Dart Throwing			X	X		X	X		
21	Dishes			X	X					X
22	Dominos	X	X				X		X	
23	Drums				X	X		X		X
24	Elefun <i>Karen S. Schultz, MS, OTR, FAOTA, CHT</i>			X				X		
25	Finger Lights			X			X		X	
26	Finger Puppets			X						
27	Gardening			X	X	X				X
28	Golf			X	X			X		X
29	Gym			X	X			X		X
30	Handheld Ring Toss			X	X		X			
31	Hanging on Clothesline	X		X	X					X
32	IQ Fit / IQ Link	X	X				X	X	X	
33	Ironing			X	X			X		X
34	Jacks	X	X							
35	Jenga	X	X				X	X		
36	Jenga Life-Size			X	X			X		
37	Jewelry Making	X	X	X	X	X	X		X	X
38	Juggling			X			X	X		
39	Lacing Maze	X	X				X		X	
40	Ladder Ball			X			X	X		
41	Laundry			X	X					X
42	Legos / Magsnaps	X	X		X		X		X	
43	Macrame / Braiding	X	X				X		X	
44	Magic Tricks	X	X	X			X	X	X	
45	Magnets	X	X	X	X	X	X	X		

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46	Mancala	X	X							
47	Marble Maze	X			X					
48	Modeling Clay	X	X		X	X				
49	Mowing Lawn				X					X
50	Nail Polish	X	X							
51	Needlework / Knitting / Crocheting	X	X			X	X		X	X
52	Operation	X	X				X	X		
53	Organizing Closet / Pantry			X	X		X		X	X
54	Origami	X	X				X		X	
55	Paddle Ball			X				X		
56	Pajaggle	X	X				X		X	
57	Paper Mosaic	X			X		X			
58	Particle Transfer	X	X	X	X	X				
59	Peg Games (Solitaire, Football, Battlefield)	X	X		X		X		X	
60	Perplexus <small>Karen S. Schultz, MS, OTR, FAOTA, CHT</small>			X				X		
61	Phone Apps			X			X		X	X
62	Piano / Keyboard		X	X					X	X
63	Pick Up Sticks	X	X				X	X		
64	Pill Management	X	X	X	X	X	X		X	
65	Polishing Silver				X			X		X
66	Pom Pom Finger Sports	X		X			X	X		
67	Putty Activities			X	X					
68	Puzzles	X	X				X		X	X
69	Raking			X	X					X
70	Rubber Band Ball / Rainbow Loom		X	X	X		X		X	X
71	Rubik's Cube			X			X		X	
72	Sand Art		X			X		X		
73	Sandcastles	X		X	X	X		X		X
74	Serpent Cube	X	X				X		X	
75	Shoveling Snow			X	X					X
76	Simon			X			X	X	X	
77	Snowball Fights		X	X	X	X		X		X
78	Tabletop Football / Bowling / Hockey			X				X		
79	Tangram	X	X				X		X	
80	Target Practice			X	X		X	X		
81	Tearing Junk Mail	X			X					X
82	Tennis			X	X			X		X
83	Thumb Soccer			X	X					
84	Tool Use	X	X	X	X		X	X		X
85	Trampoline / Rebounder - Baseball, Softball			X	X			X		
86	Treasure Chest	X	X	X	X					
87	Treasure Hunt (Stereognosis)	X	X			X				
88	Turning Pages (Magazine Scavenger Hunt)	X		X			X		X	
89	Typing		X	X				X		X

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90	Velcro Ball Toss			X	X			X		
91	Video Games			X			X	X	X	X
92	Washing Car			X	X	X				X
93	Weight Bearing Activities - Scale			X	X			X		
94	Woodworking	X	X	X	X	X	X	X	X	X
95	Wrist Mazes			X						
96	Writing / Drawing	X	X				X	X		
97	Yarn - God's eye	X	X				X		X	
98	Yatzhee	X		X				X		
99	Yoga / Tai Chi			X	X			X		X
100	Yo-yo			X				X		
101	YOUR TURN...									

Note: All of these activities can obviously address multiple deficits. Only the primary goals have been selected for each activity.

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