

# FAVORITE OT RESOURCES

8/9 of them are completely FREE!

Here is a list of great websites and apps that are great resource tools for occupational therapists. These tools are great for patient care and continuing education!

by OT Unfiltered

## 1 CEUS- [WWW.OCCUPATIONAL THERAPY.COM](http://WWW.OCCUPATIONAL THERAPY.COM)

This website is truly a hidden gem! It is an affordable and convenient way to do CEUs. As licensed OT's we need to complete 24 CEUs before we renew our license. This site allows for you to learn about a variety of topics for \$99/year. Such a steal! Just make sure you keep record of your certifications!

## 2 HEP PRINT OUTS- [WWW.HEP2GO.COM](http://WWW.HEP2GO.COM)

This is a great resource to use in an outpatient clinic or for home health clients! You can search for different stretches and exercises and it allows you to drag them into a sequence and print them all on a single page to give your clients as a handout! IT'S FREE! Just create an account.

## 3 PHYSIOTHERAPY CONCEPTS- [WWW.PHYSIO-PEDIA.COM](http://WWW.PHYSIO-PEDIA.COM)

Sometimes we all need a refresher on concepts. This resource is great for looking up exercises, massage techniques, manual therapy, manipulation, stretches and modalities. All for free!

## 4 ARTICLES/BOOKS- [WWW.EPDF.PUB](http://WWW.EPDF.PUB)

Articles, documents, books, textbooks...GO! This site has such a great variety of resources that can be downloaded as a PDF. Lots of research articles and textbooks on medical professional topics for no cost. Great resource for pediatrics, stroke rehab and many more! They even have leisure reading!

## 5 CREATIVE TX IDEAS- PINTEREST

If you're not already on Pinterest...we highly recommend you signing up! This is one of our favorite resources for thinking outside the box for treatment planning. It has ideas for anything you type in! Fantastic resource for pediatrics! It's completely free. You will need an account to save pins and create boards. This is a great tool to stay organized and use as references for treatment ideas or adaptations!

## 6 GONI/ROM- OT KINESIOLOGY PRO CONSULT

This application can be found on IOS or Android systems in the app store. This is a great tool for referencing goniometer placements, muscle location, function, movement patterns, and ROM. This is a great, free tool for students!

## 7 CEU APP- MEDBRIDGE

This application can also be found on IOS or Android systems in the app store. This is a good app for learning about concepts of interest/CEUs on the go! Great for visual learners with adequate demonstrations!

## 8 CALCULATING ADJUSTED/CHRONOLOGICAL AGE FOR REPORTS: ASQ CALCULATOR

Us OT's aren't always known for our quick and accurate math skills. If this speaks to you, don't worry there's an app to help quickly and accurately calculate chronological and adjusted age for our kiddos on those reports!

