

SMHC Therapy Protocols Cheat Sheet

by dnormanot via cheatography.com/211138/cs/46796/

AM Routine

White board/message for assigned floor

Sign in

Print list

Highlight & prioritize (evals, ortho, IP, d/c)

Chart Review

Orders > notes > VS > flow > pain > avatar

Note...

Precautions, WBS, splint/brace

BP/VS/pain

Prior assist level

Last therapy session

Appt Priority

High Joint, spine, stroke, d/c to AR

Mod 5 days/week

Low Decreased participation, max Ax2

Common Precautions

Posterior THA	flex past 90°
	toes inward
	crossing legs
Anterior THA	extension
	toes outward
	crossing legs
Abdominal	roll & pillow
	lifting > 5-10 lbs
	pulling with UE
Sternal	straining
	pushing up with UE
	pulling with UE
Pacemaker	lifting > 5-10 lbs
	shoulder flex/aBd > 90°
	reaching back past 0°
	pushing up

*Verify WBS

Hold OT if...

Bedrest or no activity, WB, or OT orders

MAP < 65

Hgb < 7

Na < 120 or > 160

K < 2.5 or > 6

D-dimer < 250

PICC in 24hrs (NWB)

DVT/PE test (doppler, NM lung, CT chest,

VQ)

*Check red values

Stroke Specific

"Stroke Protocol" in orders

Evals complete set of orthostatic vitals

Must do Modified Rankin Score (flow)

CVA Localization

Posterior Cerebral Artery	Contralateral homonymous hemianopia
	Spell & write, unable to read
Anterior Cerebral Artery	Contralateral LE weakness & sensory deficits
	Urinary incontinence
Middle Cerebral Artery	Contralateral weakness of face and upper limb
	+/- aphasia (dom hemisph) or hemineglect (non-dom)
	Wernicke's (Word salad - unable to understand speech)
	Broca's (Broken articulation -

can understand, not produce)

Include in Eval Note

Precautions

fall, lines/tubes, WBS, op s/p date

Pt goals

ADLs, fx mobility/transfers, safety

Common Screeners

Short Blessed

ROM/MMT

Clock Drawing

Sensation

Nose to finger

Vision (saccades, smooth pursuits, H/N)

MoCA

SLUMS

Ascom	
Emily G	7954
Kollio	7360

Codes	
2E	1010
Therapy rooms	5328

8-Min Rule Medica	re
Minutes	Units
8 - 22	1
23 - 37	2
38 - 52	3
53 - 67	4
68 - 82	5
83 - 97	6



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