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Creators	Jarvis, Kathryn, Reid, Gaynor, Edelstyn, Nicola and Hunter, Susan

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Occupational Therapy Stroke Arm & Hand Treatment Record (OT-STAR)

Name:

NHS No.:

Date of Birth:

Hand Dominance: right left both (please circle) Date of Session:

Therapist's Name:

Duration of Session:

No. of Staff:

Body Structure and Function

Postural set:

JOINTS/ BONES	☐ Re-alignment of joints & bones	☐ Compression	☐ Distraction
MUSCLE	☐ Cognitively reducing tone ☐ Strengthening	☐ Mobilising muscles & soft tissue ☐ Electrical stimulation	☐ Re-alignment of muscles
MOVEMENT	☐ Supporting/guiding/assisting an action ☐ Facilitation of movement ☐ Passive movements ☐ Positioning of UL	☐ Stabilising aspect of UL to enable movement ☐ Weight transfer in UL ☐ Sensory in-put/priming	☐ Consideration of body to enable UL movement.
SENSORY	☐ Proprioception ☐ Stereognosis interventions	☐ Temperature ☐ Desensitisation techniques	☐ Touch & texture
COMBINED	☐ Massage ☐ Retrograde massage/effleurage	☐ Weight-bearing	☐ Provision of orthoses. Give details:
OTHER	Please state:		

Activity

Postural set:

MOTOR & SENSORY COMPONENTS OF FUNCTION			
☐ Dexterity & fine motor skills	☐ Grasp & release	☐ Reach & grasp	☐ Push & pull
☐ Polishing	☐ Working to place UL in activity	☐ Remedial activities (motor)	☐ Hand-washing-exfoliation
☐ Bilateral interventions	☐ CIMIT/mCIMIT	☐ FES	☐ Mirror use
☐ Imagery/visualisation	☐ Mirror therapy	☐ Working on functional task components	☐ Other, state:
COGNITIVE COMPONENTS OF FUNCTION			
☐ Conceptualisation of goal	☐ Increasing attention to task	☐ Increasing attention to UL	☐ Remedial activities (cognition)
☐ Use of unaffected UL to gain feeling of movement	☐ Use of grading to moderate complexity of task	☐ Strategies to reinforce therapy	☐ Other, please state:

Participation (circle occupational performance area of focus below)

Self-care (PADL)	IADL	Work	Leisure	Education	Social participation
Work on a specific function, state which: Support required: ☐ Supervision ☐ Verbal prompts ☐ Assistance ☐ Facilitation ☐ Independent Activity undertaken: ☐ Bilaterally ☐ Unilaterally-left hand ☐ Unilaterally-right hand					
Compensation for lost function	☐ Equipment provision (including practice of equipment) State equipment:				
	☐ Teaching of alternative techniques, state techniques taught:				
	☐ Adaptation, state adaptations made to environment:				
	☐ Functional othoses, state which:				

Other

Psychosocial	Details:	
Advice & education	verbal/written/pictorial	Details:
Homework & practice	verbal/written/pictorial	Details:

Key: (m)CIMIT- (modified) constraint induced movement therapy FES-functional electrical stimulation UL-upper limb

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Additional Comments:[illegible]