

# OCCUPATIONAL THERAPY

MOBILE APP

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- Occupational Therapy is a program that help child to build and improve fine and gross motor skills so that child is able to carry out daily routine activity.
- Improve balance and coordination, strength, mobility, attention and concentration.
- Therapy is a tailored specific program addressing child concern areas.

- OT consists of exercises and activities to build specific skills that are weak.
- For example, if a child has very messy handwriting , therapy may include multisensory techniques to help with handwriting.
- The earlier a child starts OT, the more effective it tends to be. Kids with certain challenges often need OT.

- To help with hand-dominance, kids may practice cutting out things with scissors.
- To build gross motor skills, kids may do jumping jacks, catch balls of different sizes, or run obstacle courses.
- Thus OT helps children to resolve issues like hyperactivity, sensory processing, poor muscle coordination, balance issues or mobility etc and make child develop necessary skills for daily routine functioning.

# The OT program involves following activities:

- Help in developing daily routine activities like eating, dressing, bathing, and toileting etc.
- Helps in develop balance and coordination.
- Help in develops writing skills.
- Improves attention and concentration.
- Improves fine and gross motor skills.
- Improves gait pattern.
- Improves motor planning and organization skill.



**THANK YOU**