Treatment plan: Shoe-Tying skills

Dr. Aditi the OT

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Student : **Date:** **Therapist:**

OT Goal: _____

Check all the foundational skills the student has MASTERED, from the list below...

Component skills + *Fluency aims*

- ☐ **Visual attention point & touch -** *200/ min*
- ☐ **Following 1-2 step directions -** *40/min*
- ☐ **Bilateral Grasp/ release -** *20/min*
- ☐ **Pincer grasp -** *20/min*
- ☐ **Sequencing skills**- 40/ min
- ☐ **Visual spatial concepts:** *- 40/min*
- ☐ **Grip strength-** *40/min*
- ☐ **Ties shoe laces independently -***10/ min*
  - *Makes an X or tepee by crossing laces*
  - *Pushes the top lace over & through the tepee.*
  - *Pulls laces away from each other tightly*
  - *Makes a loop and holds it*
  - *Wraps lace around the loop*
  - *Pulls lace through window to create 2nd loop*
  - *Pulls loops away from each other*

Motor skills + *Fluency aims*

- ☐ **Trunk flexion/ extension** *- 50/min*
- ☐ **Neck Flexion/ Extension** *- 50/min*
- ☐ **Bilateral coordination** - 60/ min
- ☐ **Digital extension/ flexion** *- 60/ min*
- ☐ **Elbow extension/flexion** *- 60 / min*
- ☐ **Shoulder flexion/abduction** *- 60/min*
- ☐ **Wrist in flexion/ extension***- 60/ min*
- ☐
- ☐
- ☐
- ☐
- ☐

Select a missing skill
& write a fluency benchmark goal:

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