

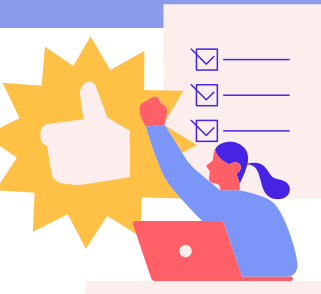
# REFLEX PATTERN OBSERVATION

## Guide for Occupational Therapists

# 1

### Understand Basic Anatomy and Movement Patterns

What is the most efficient way to move to complete a particular task? Identify which muscles and joints should actively engage in the movement and which should provide support. Consider the biomechanics of daily activities and occupational tasks relevant to your client's needs.



### Familiarize Yourself with Reflex Patterns

Each reflex has its sensory trigger and motor or physiological response. Begin by gaining a comprehensive understanding of common reflexes and their associated movements.

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### Evaluate movement patterns

When observing a client execute a task, pay close attention to the specific body parts in motion. Evaluate whether the movement is efficient or if there are compensations.



### Documenting and Analyzing Observations

Thorough documentation is crucial for tracking progress and planning intervention strategies. Create clear notes on observed movements, reflex triggers, and motor responses. Use video recordings when possible to review and analyze the client's performance over time.

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### Collaborate and Adjust Intervention Plans

Share your observations and findings with the interdisciplinary team, including caregivers. Collaborate to refine intervention plans based on the identified reflex patterns and movement observations. Adjust therapeutic activities and exercises to address specific deficits and enhance overall functional performance.

