

USE OF THE NINTENDO Wii IN OCCUPATIONAL THERAPY

Clinical Diagnosis	Functional Manifestations	OT Interventions	Wii Applications with Therapeutic Adaptations
Stroke	Decreased endurance	Standing with upper-extremity motion	Any Wii Sports game while standing. Take appropriate fall prevention measures.
	Decreased strength	Strength and flexibility exercises	Wii Sports and Wii Fit. Take appropriate fall prevention measures for standing exercises. Add arm weights to increase resistance.
	Decreased balance (sitting and standing)	Balance activities	Sit on half-sphere balance cushion while playing Wii Sports. Wii Fit balance training games.
	Decreased cognitive function	Sequencing exercises	Games using buttons and motion in sequence to hit or release ball (Golf, Bowling). May require hand-over-hand cueing.
	Decreased eye-hand coordination	Timing, grasp and release, response to visual stimuli	Picking up and dropping Mii Characters (Mii Channel). Wii Sports Tennis and Baseball.
	Decreased functional mobility and transfers	Sit-to-stand activities	Wii Sports games alternating sitting and standing (take turns or every other bowling frame, for example).
	Loss of use of dominant extremity	Retraining of dominance	Wii Sports holding remote in non-dominant hand.

Clinical Diagnosis	Functional Manifestations	OT Interventions	Wii Applications with Therapeutic Adaptations
Joint replacement	Decreased standing tolerance	Functional activities while standing	Any Wii Sports game while standing. Take appropriate fall prevention measures.
	Decreased balance (standing)	Standing balance activities	Wii Fit balance board games.
	Avoidance of weight bearing/compensatory gait patterns	Standing activities incorporating upper-body motion and weight shifting	Wii Sports, especially Boxing.
	Decreased flexibility	Strength and flexibility exercises, sit-to-stand activities	Wii Sports games alternating sitting and standing (take turns or every other bowling frame, for example). Selected Wii Fit strength training exercises.
	Anxiety and/or pain	Relaxation and distraction	All Wii activities, especially in groups. Includes non-sports games, such as Mario Kart, Rock Band and others.
Cancer	Cancer-related fatigue	Aerobic exercises, endurance activities	Wii Fit aerobic activities and balance activities. Wii Sports. Energy conservation may be emphasized for appropriate patients. Take appropriate precautions for patients with ports or catheters.
	Muscle weakness and deconditioning	Upper-body strengthening, lower-body strengthening, endurance activities, reaching and stretching	Wii Fit strength training, yoga, balance games. Wii Sports (Golf, Tennis, Baseball, Boxing, Bowling).
	Anxiety, depression and/or pain	Relaxation and distraction	All Wii activities, especially in groups (may not be appropriate for neutropenic patients). Take appropriate precautions for patients with ports or catheters.
Osteoarthritis	Decreased range of motion	Activities that encourage movement through the full range of motion	Wii Sports for upper body. Wii Fit for lower body. Encourage frequent rests. Utilize ice and heat as appropriate following activities.
	Decreased muscle strength	Strength and flexibility exercises	Wii Sports and Wii Fit. Encourage frequent rests. Utilize ice and heat as appropriate following activities.
	Fatigue	Aerobic exercises, endurance activities	Wii Fit aerobic activities and balance activities. Wii Sports. Energy conservation may be emphasized for appropriate patients.
	Anxiety, depression and/or pain	Relaxation and distraction	All Wii activities, especially in groups.