OT Posting Steps

Private, honest posts about everyday life, inside your license.

Name: _____ **Date:** _____

1. Rules first

AOTA Code, state board, policy.

2. Who you serve

Ages, settings, states, video.

3. Pillars

Five or six, plus privacy.

4. Safety post

911, 988, tight splint. Pin it.

5. Credentials

OTR, L, CHT only if held.

6. No promises

Sources, no labels or timelines.

7. Private design

No client faces or hands.

8. Rhythm

Two or three posts a week.

9. Replies, review

No advice by DM. Check monthly.

What this planner is and is not

A plan for ethical OT posts, not a script for any one client.

Is Public education and logistics	Pillars, dates, care checks
Is not Not a crisis service	Therapy, diagnosis, a promise
Care No client stories or faces	Sourced, inclusive, private

Say it on every safety post: this account is not monitored for emergencies.

Emergency: call 911. Crisis: call or text 988. Tight splint: call clinic.

Never change a splint or home program without your therapist.

OT is not emergency care. Not affiliated with AOTA, WFOT, CDC or HTCC.

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OT Content Planner

Four weeks of pillars, post ideas and care checks.

Name: _____ **Date:** _____

Week	Pillar	Post idea	Care check
Week 1, A			
Week 1, B			
Week 2, A			
Week 2, B			
Week 3, A			
Week 3, B			
Week 4, A			
Week 4, B			

Practice details and replies

Licenses I hold and states I serve: _____

Who I see (kids, hands, home, school): _____

Credentials I may show (OTR, L, CHT): _____

Telehealth states (client location): _____

Standard reply to symptom DMs: _____

Who checks comments and DMs: _____

Posts to pin (safety, privacy, book): _____

Highlights to update this month: _____

911 emergencies. 988 crisis. Account not monitored for emergencies.

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OT Post Care Check

Read each post as a parent, client or caregiver first.

Name: _____ **Date:** _____

Check	Post 1	Post 2	Post 3	Post 4
License and states accurate	☐	☐	☐	☐
Only OTR, L or CHT you hold	☐	☐	☐	☐
No diagnosis or labels	☐	☐	☐	☐
No outcome or timeline promise	☐	☐	☐	☐
No client faces, hands or details	☐	☐	☐	☐
No splint or program changes	☐	☐	☐	☐
Source on any fact	☐	☐	☐	☐
911, 988, splint line if needed	☐	☐	☐	☐
Says general education	☐	☐	☐	☐

OT posting pocket cards (cut out)

Privacy No client stories	Credentials Only what you hold	Promises None, ever
DMs No advice by text	Kids No faces, no labels	Splints Ask your therapist
Facts Cite the source	Crisis 911 or 988	Help Not emergency care

Education, not therapy. 911 or 988 in a crisis. Account is not monitored.

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L&T

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