

Creative Therapy Database

Some text

Creative Therapy DB

Share your ideas and learn from other clinicians

Create Account

First Name

Log in

Username

Email

Password

Login

Register

extra thoughts...

The Creative Therapy Database (CTDB) is a website designed for clinicians to search and share different modalities of therapy to accomplish a variety of goals.

Whenever you are stuck in a cycle of doing the same things over and over again, it gets boring for you and your clients. The CTDB is here to give you new ideas for effective stimulating treatments.

I think this would be most helpful for students, new graduates, and anyone who is curious or interested in purchasing new tools/toys to use in practice.

Filter through a database by what equipment you have available, this turns up a list with more information including ratings and the user who uploaded it.

The key feature that makes this website different is having a built in link to amazon or to a website you can buy the equipment at. Each one has a link connected which takes you there. This website is also meant to be simple skeletal idea board focusing on equipment. Therapists themselves can decide how to prescribe and do these with their clients.

It is also important to monitor the exercises added, make sure there are not duplicates. This would be challenging to validate, unless it was all controlled by an admin. The results should be basic direction and purpose, not specific directions. More like what else can I do with these cones or this therapy ball to make it more multifunctional. There are other websites that have plethoras of exercise photos/videos with specific written out instructions given by the user who uploaded.

You can thumbs up or thumbs down an exercise to give feedback to the poster and also help those looking for something. This may or may not be a feature. You can save to favorites to remember and look back at.

You can look at users profiles and see the exercises that they uploaded. You can see what you favorited as well on your profile.

After logging in, goes to search page, assuming the user is going to be looking for exercise ideas.

There is a link to a form where you can add your own custom exercise.

Creative Therapy Database

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Search by equipment or goal:

Ex: strength, balance, dumbbells, steps, etc....

or select available equipment:

☐ free weights

☐ ankle/wrist weights

☐ weighted bar

☐ weighted balls

☐ theraband

☐ therapy ball

☐ cones

☐ steps

☐ parallel bars

☐ bean bags

Search

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Search results..

Activity/Exerci	Goal	Equipme required/ (optional)	Uploaded	Notes	Favorites
Cone Stacking	Coordination Balance Endurance	cones (Airex) (wrist weights)	PT4lyfe	different heights or directions to reach	no favorites yet
Ring Toss	Coordination Balance Endurance	cones rings (Airex) (wrist weights)	ILoveTherapy	target moving or stationary make it a game!	5 people favorit

PT4Lyfe's CTDB Profile

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User added:

Activity/Exercise	Goal	Equipment required/ (optional)	Notes	Favorites
Cone Stacking	Coordination Balance Endurance	cones (Airex) (wrist weights)	different heights or directions to reach f	No favorites ye
More exercises added by this use				

User Favorited

Activity/Exerci	Goal	Equipme required/ (optional)	Uploaded	Notes	Favorites
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