

VIRTUAL

DATE AND TIME

Tuesday, Nov. 17, 2026
6:00pm – 7:00pm - PST

- The session recording will be available to registrants approximately 7 days after the event.
- PDUs will be entered into your OTAC account, if you are a member. (Be sure to complete the post-event questionnaire to be eligible for PDUs.)

REGISTER BY

Monday, Nov. 16, 2026

Register Online
[HERE](#)

QUESTIONS?

Contact OTAC staff:

Email staff@otaonline.org

Call toll-free (888) 686-3225



FREE. EXCLUSIVE FOR OTAC MEMBERS ONLY.

Strength is an Occupation: The Role of Occupational Therapy in Health and Wellness (1 PDU)

Presenter Amber Galdamez, MS, OTR/L (NY)

Strength training is more than exercise — it can support participation, independence, confidence, and engagement in the occupations that matter most to our clients. As healthcare continues to expand beyond traditional rehabilitation settings, occupational therapy (OT) practitioners have an opportunity to bring their unique lens to strength, movement, and wellness spaces. This session will explore how practitioners' distinct expertise in activity analysis, occupation-based practice, and client-centered care can translate into health and wellness settings, while considering how OTs and OTAs can practice within scope and contribute meaningfully to strength-focused services.

Learning Objectives

Participants will be able to:

1. Identify how strength training can support occupational performance, participation, and engagement across the health and wellness continuum.
2. Describe at least two ways occupational therapy skills and frameworks can be applied within strength and wellness settings.



Amber Galdamez, MS, OTR/L (NY), is an occupational therapy practitioner and strength coach in New York City. As a “Fitness OT,” she coaches thousands locally and globally to build strength to perform their meaningful occupations and to improve their quality of life. Beyond coaching, she also educates and mentors occupational therapy students and practitioners to expand the definition of occupational therapy by incorporating fitness-based principles into their practice.

The Men's Pelvic Health TRIFECTA: Navigating Pain, Lower Urinary Tract Symptoms and Erectile Dysfunction in Rehab Practice (1 PDU)

ABOUT SPECIAL TOPIC FORUMS

Why OTAC Special Topic Forums? To support OTAC Core Value 7 – Professional Development: To provide quality education and resources to advance the knowledge, skills, and continued competence of occupational therapy practitioners.

ABOUT THE OTAC EDUCATION PASSPORT

An exclusive member-only benefit/program

Earn all the PDUs needed annually (12 FREE PDUs) to renew your license. (Licenses are renewed every two years on your birthday.)

FREE. 12 monthly 1-hour virtual webinars.

[Check out our online events calendar.](#)

FREE. 5+ virtual on-demand learning webinars.

[Find them here.](#)

FREE. 1 or more sessions at the OTAC Annual Pre-Conference Institute in November.

PLUS, discounted PDUs. Annual Conference, Special Topic Forums, and symposia throughout the year. [Check out our online events calendar.](#)

BONUS! Includes PDU tracking in your member account.

Note: Free Education Passport webinars are under the umbrella of the Special Topic Forums.

**FIND OTHER SPECIAL TOPIC FORUMS
and SYMPOSIA [HERE](#) THROUGH
OUR ONLINE
MASTER CALENDAR**

To earn PDUs. Registrants must complete the post event questionnaire that is emailed out within one week following the event.

Tracking PDUs. PDUs earned are recorded in member registrant's OTAC account.

Event Disclaimer.

This event is sponsored by OTAC for the purpose of professional development. The material presented is not intended to represent the only or the best methods appropriate for the occupational therapy and/or medical condition, or professional development issues being discussed, but rather is intended to present the opinions of the presenters, which may be helpful to other health care professionals at arriving at their own conclusions and consequent application. Attendees participating in this professional development education program do so with the full knowledge that they waive any claim they may have against OTAC and its representatives for reliance on any information presented during this educational event.

[Click here for OTAC's complete disclaimer/terms. You must agree to these disclaimers/terms. Please don't register if you do not.](#)

About OTAC. OTAC is a nonprofit, 501c6. This means that end-of-year net revenue is retained for operations and benefit of the members and is not distributed to private owners. It is governed by an elected, noncompensated Board of Directors and hires a professional association management team.

OTAC Mission Statement. OTAC is the collective voice that serves, promotes, and supports the profession of occupational therapy and its practitioners.