

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



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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.