

Occupational Therapy TOOLKIT

Putting on Pants and Underwear Using a Dressing Stick



1. It is easier to put the more effected leg into the pants first.



2. Using a dressing stick, hook the waistband and lower the pants down to your foot using the dressing stick.



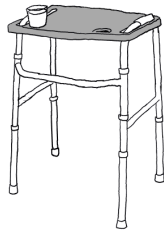
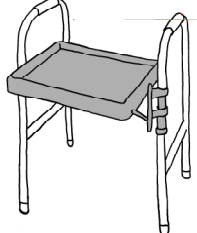


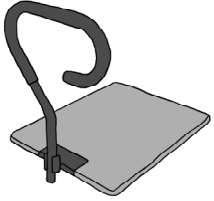


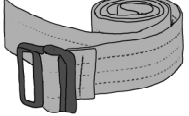
3. Pull the pants up your leg.



4. When you can safely reach the pants, remove the dressing stick and pull the pants over your foot.

Occupational Therapy TOOLKIT

Adaptive Equipment for Mobility

Item	Picture	Where to Purchase
<input type="checkbox"/> Universal walker tray		
<input type="checkbox"/> Walker tray, folding style		
<input type="checkbox"/> Walker basket		
<input type="checkbox"/> Leg lifter		
<input type="checkbox"/> Bed handle		
<input type="checkbox"/> Transfer board		
<input type="checkbox"/> Bed/chair risers		
<input type="checkbox"/> Transfer belt		

Most items are available online through [Amazon.com](https://www.amazon.com)

Occupational Therapy TOOLKIT

Getting Out and Into Bed with Help, Towards the Left Side



1. Your caregiver will help you bend your knees.



2. Your caregiver will help you roll towards your left side, by placing their left hand on your knee and their right hand on your shoulder.



3. Your caregiver will help you swing your legs over the side of the bed. They will place one hand under your shoulder and their other hand on your hip.



4. Your caregiver will encourage you to push up on the mattress with your free hand. Your caregiver will reverse the steps to help get you back into bed.

Occupational Therapy TOOLKIT

Edema Control Techniques

- ☐ Keep your arm elevated above the level of your heart as much as possible when sitting in a chair or sofa and when lying down.



- ☐ Apply a cold pack to your hand and arm. The temperature should not be cooler than 59° F.

Apply cold pack for _____ minutes, _____ time(s) a day

- ☐ Lightly massage your hand and arm with lotion. Work from your fingers to your elbow to your shoulder.

Massage for _____ minutes, _____ time(s) a day

- ☐ Wear a light compression garment, an elastic glove for the hand or a stockinet for the arm. Wear the glove with the seams facing out.

Wear your glove/stockinet _____

- ☐ Actively move your arm up and down as you squeeze a soft ball.



Occupational Therapy TOOLKIT

Low Vision - Eating Techniques

Eating Techniques

Ask a sighted person to describe the location of the food on the plate using a clock method.

Use a piece of bread or a commercially available plate guard as a "pusher".

Use the "clock" method to locate items on the tabletop.

To pour liquids, put one finger in the container and pour until the liquid reaches it.

Slide hands across table to locate dishes.

Occupational Therapy TOOLKIT

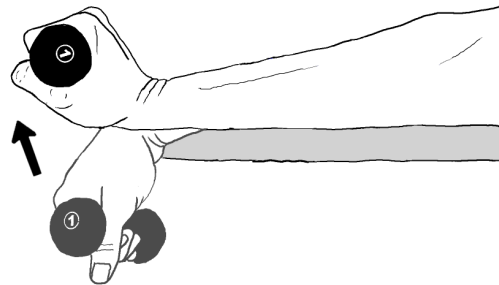
Forearm and Wrist Strengthening Exercises

1. Wrist Extension

Place your wrist hanging over the edge of a table. Lower your wrist and then bend it up.

Complete _____ set(s) of _____

Hold a _____ weight

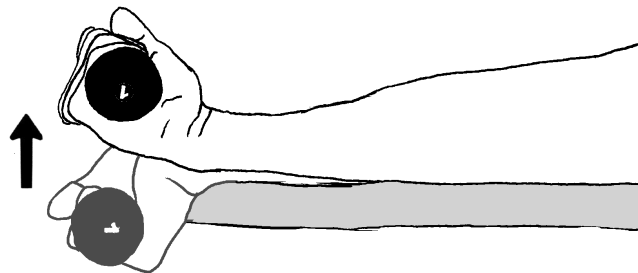


2. Wrist Flexion

Place your wrist hanging over the edge of a table with your palm face up. Lower your wrist and then bend it up.

Complete _____ set(s) of _____

Hold a _____ weight

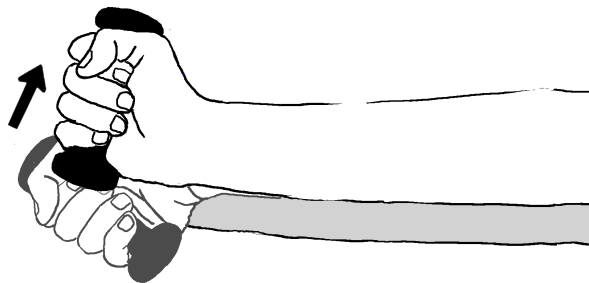


3. Wrist Radial Deviation

Place your wrist hanging over the edge of a table with your thumb pointing up. Move your wrist up then down.

Complete _____ set(s) of _____

Hold a _____ weight

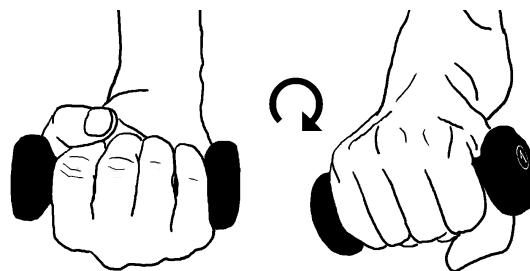


4. Forearm Supination and Pronation

Keep your elbows tucked into your sides. Turn palms up and then turn palms down

Complete _____ set(s) of _____

Hold a _____ weight



Occupational Therapy TOOLKIT

Passive Range of Motion Exercises – Right Shoulder

4. Shoulder Flexion

Turn the person's palm in toward his/her body. Move the arm upward to shoulder level, then move the arm back down to the side.

Repeat _____ times



5. Shoulder Abduction

Bring the person's arm out to the side and move up to shoulder level.

Repeat _____ times



6. Shoulder Rotation.

Bring the person's arm out to the side. Bend the elbow so the fingers are pointing up. Rotate the arm so the fingers point down toward his/her toes. Then rotate the arm so the fingers point up towards the head of the bed.

Repeat the above exercises on the other shoulder.

Repeat _____ times



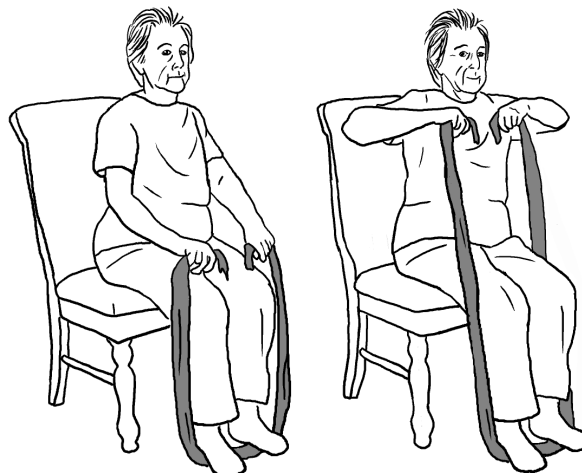
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Resistance Band Exercises

7. Chest Row

Secure the resistance band under both feet. Grasp the band with your hands. Start with your hands at your knees. Pull the band up to your chest.

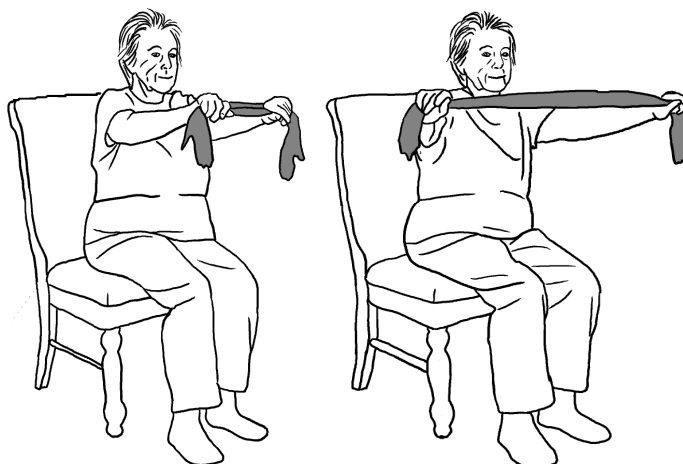
Complete _____ set(s) of _____.



8. Horizontal Abduction

Hold the resistance band between your hands at shoulder height. Pull the band out to the sides.

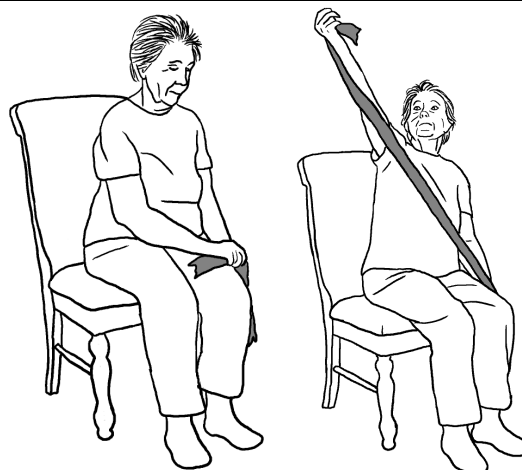
Complete _____ set(s) of _____.



9. Diagonal Up

Hold the resistance band between your hands, shoulder distance apart. Hold one arm down to the side and pull the band with the other arm up with a diagonal motion.

Complete _____ set(s) of _____.
Repeat with the other arm.



Occupational Therapy TOOLKIT

Scapular Mobilization and Strengthening – Left Side Affected

Your caregiver will support the weight of your left arm by cradling it in his/her left arm.

Your caregiver will place his/her right hand on the lower boarder of your scapula.



1. Scapular mobilization

Your caregiver will glide your left scapula and shoulder, up into elevation.

Repeat _____ times.



2. Scapular mobilization

Your caregiver will glide your left scapula, forward into protraction.

Repeat _____ times.



Occupational Therapy TOOLKIT

Wheelchair to Tub Using Bath Transfer Bench (left)



1. Position your wheelchair as close as possible to the bench.



2. Stand and pivot onto the bath transfer bench.



3. Sit on the tub bench.



4. Scoot back onto the seat as far as possible.

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