

Occupational Therapy TOOLKIT

Patient Education Handouts

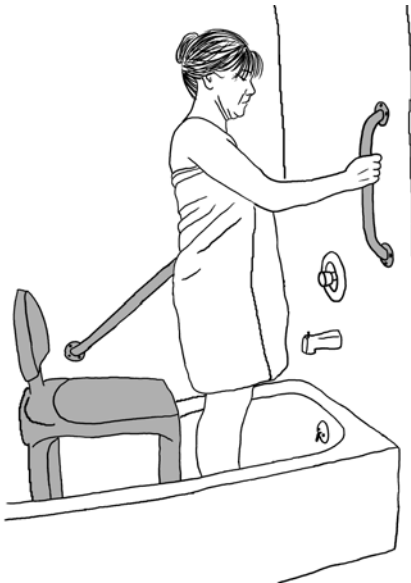
Transfer to Tub Using Tub Bench (left leg, right leg, sit)
Putting on Pullover Garments Using One Handed Method
Energy Conservation with Self Care Activities
Hand Strengthening Exercises
Using Your Right Arm as a Passive Stabilizer

Occupational Therapy TOOLKIT

Transfer to Tub Using Bath Seat (left leg, right leg, sit)



1. Face the wall and hold onto the grab bar. 2. Step into the tub with your left leg.



3. Lift your right leg into the tub.

4. Sit down on the shower chair. Reverse the steps to transfer out.

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Putting on Pullover Garment Using One-Handed Method - Left Side Affected



1. Position your shirt face down on your lap with the collar at your knees.



2. Gather the opening of the left sleeve and place on your lap.



3. Lean forward and place your left arm into the sleeve opening.



4. Pull the sleeve up your arm and over your elbow.

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Putting on Pullover Garment Using One-Handed Method - Left Side Affected



5. Place your right arm into the right sleeve opening.



6. Grasp the fabric and pull the shirt over your head.



7. Push the shirt fabric over your left shoulder.



8. Adjust the shirt, pulling it down in the front and the back.

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Energy Conservation with Self Care Activities

Remember to use proper breathing techniques.

Rest frequently and avoid over exertion.

Eating

1. Eat six small meals a day instead of three big meals. This will cut down on the energy you need to chew and digest your food.
2. Eat slowly and completely chew your food.
3. Avoid gas-forming foods that bloat your abdomen and make it more difficult to breathe, such as peas, melons, turnips, onions, cauliflower, apples, corn, broccoli, cucumbers, cabbage, beans, and brussel sprouts.

Grooming

1. Sit to shave, comb your hair and brush your teeth.
2. Avoid aerosols and strong scents.
3. Wash your hair in the shower. Keep your elbows low and your chin tucked.
4. Support your elbows on the counter while grooming or shaving.
5. Use an electric toothbrush and an electric razor.

Bathing and Showering

1. Consider taking your shower in the evening to allow plenty of time.
2. Gather all the necessary items that you will need, including your clothes.
3. Use a bath chair in your shower.
4. Sit to undress, bathe, dry and dress.
5. Avoid over reaching. Use a long-handled brush to wash your back and feet.
6. Use a hand-held showerhead.
7. If your doctor has prescribed oxygen to be use during exercise, then use it when you take a shower.
8. Make certain your bathroom is well-ventilated.
9. Have a towel or robe near by. Consider using hand towels because they are not as heavy. Avoid the task of drying by putting on a terry cloth robe.
10. Use a shower caddy and soap on a rope or place soap in a nylon stocking and tie the stocking to the shower seat or soap dish.

Dressing

1. Before starting, gather all clothes, shoes, etc.
2. Sit to dress.
3. Minimize bending by crossing one leg over the other or use a step stool to put on socks, pants and shoes or use long-handled equipment.
4. Wear slip-on shoes; use a long-handled shoehorn.
5. Avoid restrictive clothes, tight socks, girdles, bras. Use suspenders if belts are too restricting.

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Hand Strengthening Exercises

Complete _____ set(s) of _____ repetitions for each exercise.
Perform these exercises _____ time(s) per day.

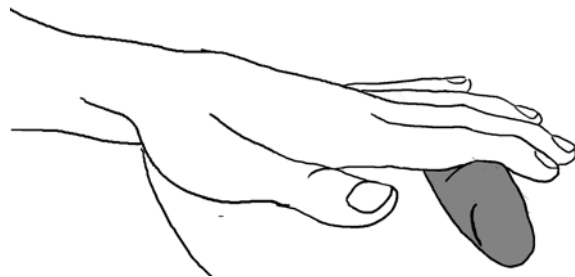
1. Finger Flexion

Squeeze the putty with your whole hand.



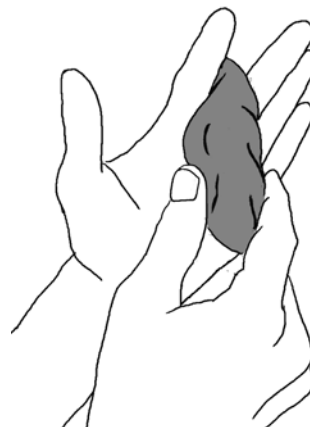
2. Finger Extension

Roll out the putty on a tabletop.



3. Finger Adduction

Squeeze the putty between your fingers.



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Hand Strengthening Exercises

4. Finger Tip Pinch

Pinch the putty between your thumb and each of your fingertips.



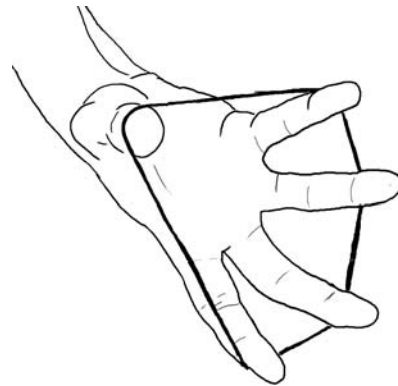
5. Lateral Pinch

Pinch the putty between your thumb and the side of your index finger.



6. Finger Abduction and Extension

Place a rubber band around your fingers and thumb. Spread out your hand, stretching the rubber band.



Occupational Therapy TOOLKIT

Using Your Right Arm as a Passive Stabilizer

It is important that you use your affected your arm as much as possible during daily activities. Here are a few examples of how you can do that.



Use you right hand to stabilize your plate while eating.



Stabilize a sheet of paper with your right hand while writing with your left hand.



Stabilize a washcloth with your right hand while applying soap with your left hand.



Stabilize your toothbrush with the right hand while your left hand applies the toothpaste.