

PRACTICAL SOLUTIONS

IDEAS FOR COMFORT AND
INDEPENDENCE FROM MEMBERS
AND PROS

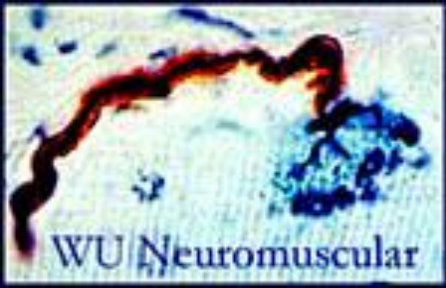
Julaine Florence PT,DPT

Betsy Malkus PT, MHS

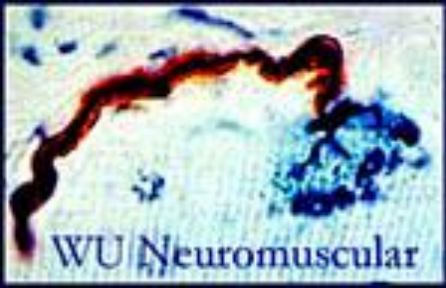
Jeanine Schierbecker PT, MHS

Catherine Siener PT, MHS

Peggy Allred PT, MHS

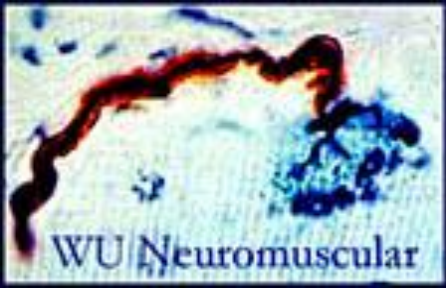


**SAFETY,
COMFORT,
INDEPENDENCE**



Management of Secondary Effects of Muscle Weakness

- Loss of Upper & Lower Extremity function
- Respiratory Function & Pulmonary Status
- Prevention of Musculoskeletal Impairment
- Nutrition
- Patient & Family Education
- Psychological
- Adapt Environment



Loss of UE Function

- Feeding

forearm orthosis, large handles, plate guard, long straw, dycem, universal cuff etc.

- Writing

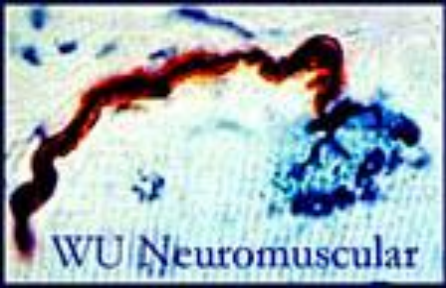
built up pen, pen holder, computer, voice activate

- Dressing

button hook, zipper pulls, velcro, sock aide, reacher

- Hygiene

electric tooth brush, long handled comb, long handled sponge



Loss of LE Function

- **Ambulation**

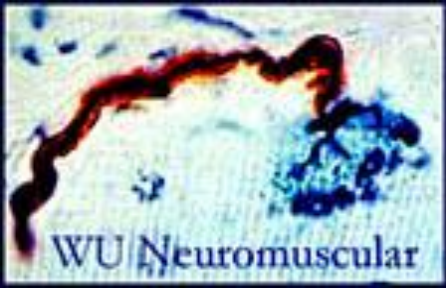
walk aides, orthotics, lift chair, lifts, scooter/wheelchair

- **Hygiene**

raised toilet seat, bedside commode, shower chair, transfer bench

- **Community Mobility**

powered mobility device, van, ramp



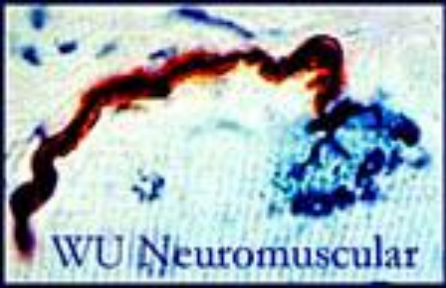
Musculoskeletal Impairment

Loss of active & passive range = contracture

ROM, splinting, serial casting, surgical release

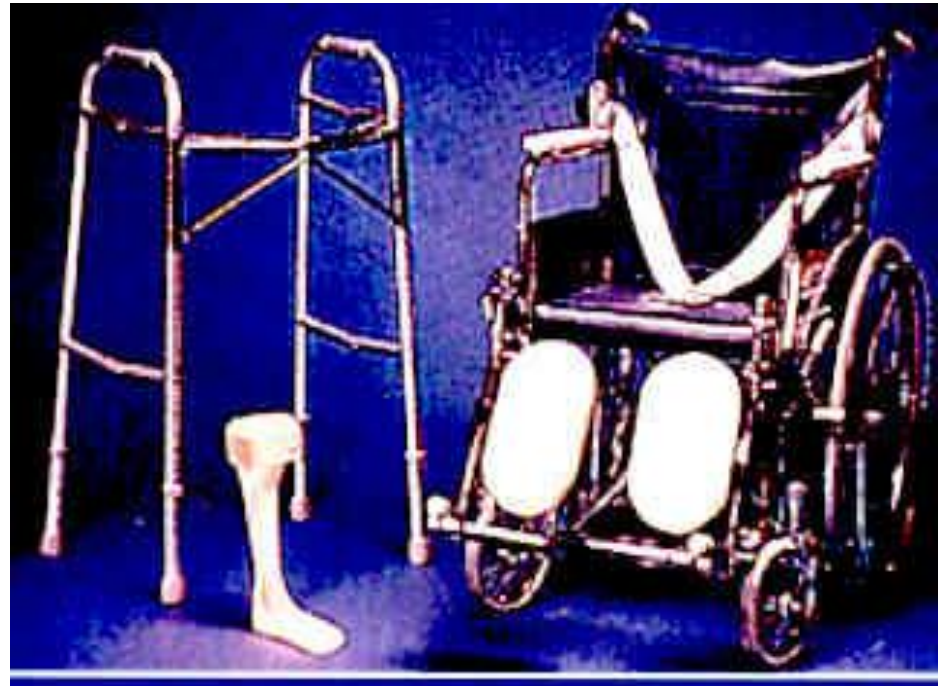
Pain

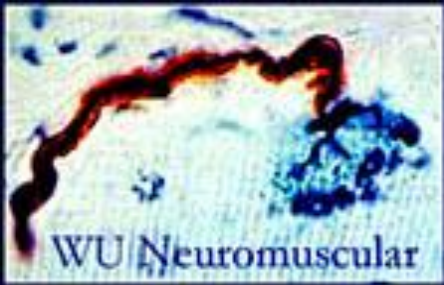
positioning, mobility



MOBILITY

- Gait
- Wheelchair/Transfers
- Positioning—
wheelchair, bed
- Energy conservation,
compensatory
techniques
- Managing stiffness,
cramping & pain

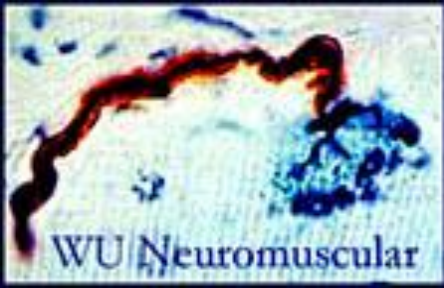




Activities of Daily Living



- Eating, dressing, bathing grooming toileting
- Home safety
- Caregiver safety
- Adaptive equipment



Helpful Websites

- <http://accessibletravel.com>
- <http://www.spinlife.com>
- <http://pattersonmedical.com/>
(Sammons Preston)
- <http://www.fitfeet.com/surefootcanes.phtml>
(the sure foot cane)
- <http://www.totousa.com/WhyTOTO/innovation/Washlet.aspx>