PRACTICAL SOLUTIONS

IDEAS FOR COMFORT AND INDEPENDENCE FROM MEMBERS AND PROS

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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://accessibletravel.com)
- [http://www.spinlife.com](http://www.spinlife.com)
- [http://pattersonmedical.com/](http://pattersonmedical.com/) (Sammons Preston)
- [http://wwwfitfeet.som/surefootcanes.phtml](http://wwwfitfeet.som/surefootcanes.phtml) (the sure foot cane)
- [http://www.totousa.dom/WhyTOTO/innovation/Washlet.aspx](http://www.totousa.dom/WhyTOTO/innovation/Washlet.aspx)