

Occupational Therapy TOOLKIT

Put On a T-shirt with One Hand Left Side Weakness



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



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



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



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

1 of 2

Occupational Therapy TOOLKIT

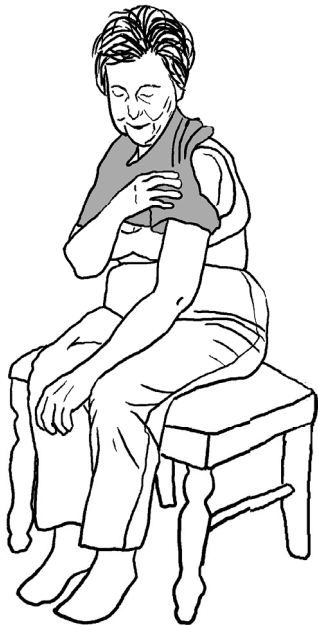
Put On a T-shirt with One Hand Left Side Weakness



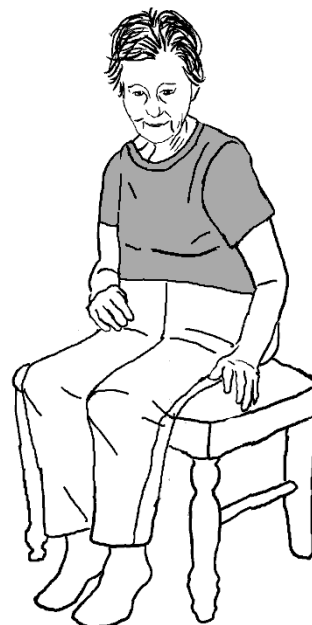
5. Place your right arm into the right sleeve hole.



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



7. Push the shirt over your left shoulder.



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

2 of 2

Occupational Therapy TOOLKIT

Putty Exercises

Do the checked exercises _____ times per day, _____ days a week.

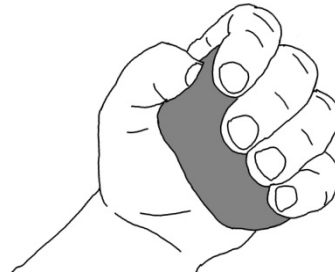
- Shape the putty into a ball. Squeeze the putty with all your fingers.

Do _____ sets of _____.



- Shape the putty into a ball. Hold the putty in your hand. Press your thumb into the putty.

Do _____ sets of _____.



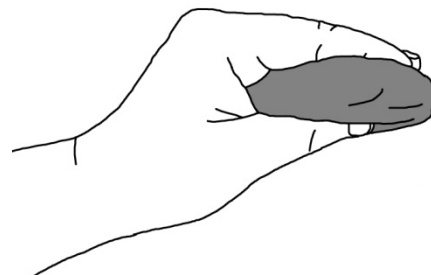
- Shape the putty into a ball. Pinch the putty between your thumb and the side of your index finger.

Do _____ sets of _____.



- Shape the putty into a ball. Hold your fingers straight and your knuckles bent. Squeeze the putty between your fingers and thumb.

Do _____ sets of _____.



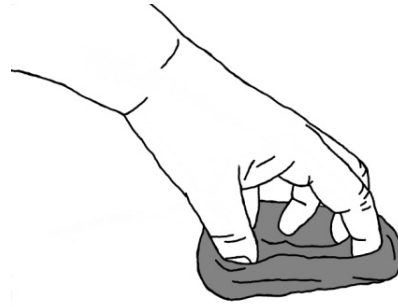
Occupational Therapy TOOLKIT

Putty Exercises

Do the checked exercises _____ times per day, _____ days a week.

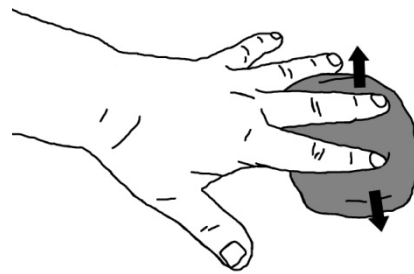
- Flatten the putty into a pancake. Place your fingers into the center of the putty and spread the putty outward.

Do _____ sets of _____.



- Flatten the putty into a pancake. Spread the putty apart using two fingers at a time.

Do _____ sets of _____.



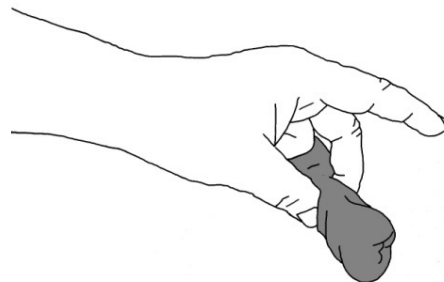
- Shape the putty into a sausage. Squeeze the putty between your fingers.

Do _____ sets of _____.



- Shape the putty into a sausage. Pinch the putty between your thumb and each finger.

Do _____ sets of _____.



Occupational Therapy TOOLKIT

Tips to Conserve Energy with Self Care Tasks

Pace yourself and rest often.

Eating

- Eat slowly and fully chew food.
- Eat six small meals a day instead of three big meals.
- Do not eat gas-forming food. They can bloat your stomach and make it harder to breathe. These include peas, melons, turnips, onions, cauliflower, apples, corn, broccoli, cucumbers, cabbage, beans, and Brussels sprouts.

Grooming

- Sit to shave, comb your hair and brush your teeth.
- Support your elbows on the counter while grooming or shaving.
- Use an electric toothbrush and an electric razor.
- Wash your hair in the shower. Keep your elbows low and your chin tucked.

Bathing and Showering

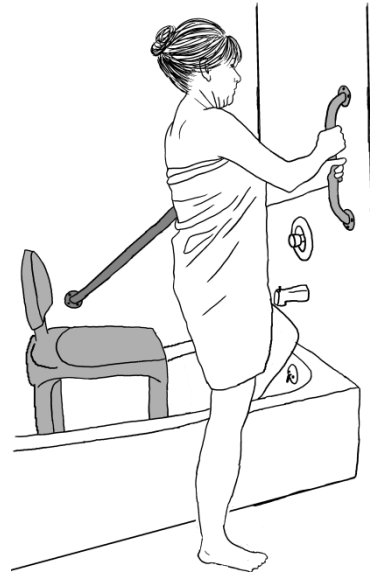
- If you use oxygen during exercise, then use it when you take a shower.
- Allow plenty of time.
- Gather all the items you will need.
- Sit to bathe and dry. Use a bath chair in the shower.
- Limit bending. Use a long brush to wash your back and feet. Use a hand-held shower to rinse.
- Use a shower caddy and soap on a rope. Place soap in a nylon stocking tied to the shower seat or soap dish.
- Have a towel or robe nearby. Use hand towels because they are not as heavy. Put on a terry cloth robe to dry off.

Dressing

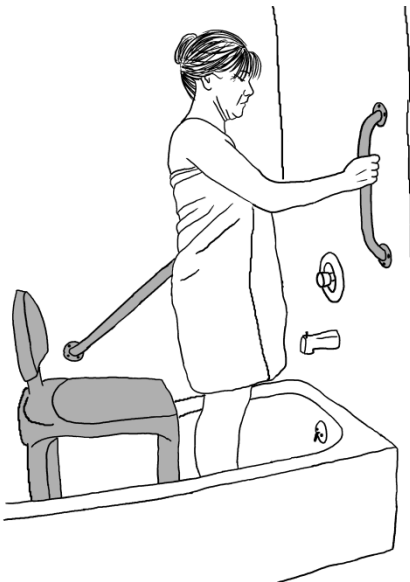
- Allow plenty of time.
- Gather all the items you will need.
- Sit to dress and undress.
- Limit bending. Put your foot on your other knee or use long-handled tools to put on pants, shoes and socks.
- Wear clothes that are easy to put on. Try slip-on shoes, stretch waistbands, and one size larger.
- Do not wear tight clothes like belts, ties, tight socks, girdles and bras.

Occupational Therapy TOOLKIT

Transfer to Shower Chair (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 get out.

Occupational Therapy TOOLKIT

Use Your Left Arm to Passively Hold

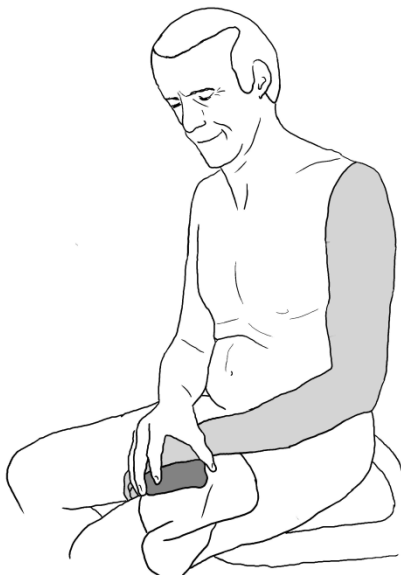
Use your left arm as much as you can during the day. Here are a few ideas.



Use your left hand to hold your plate while eating.



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



Hold a washcloth with your left hand and apply soap with your right hand.



Hold your toothbrush with your left hand and apply toothpaste with your right hand.