

Adaptive Devices

For people who already have arthritis and have difficulty dressing a **button hook** comes in very handy along with elastic shoe laces. **Key extender** also enables a person to hold



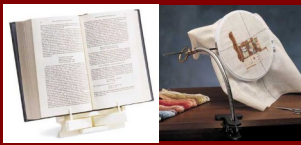
the key without pain. Door handle adapter assists in opening most knobs on doors. To turn the washer



dryer knobs an adapted handle can be used to avoid pinching.

We may not think of pain when enjoying our leisure activities but they also play a part. Here are a few examples how you can avoid pain with enjoying your life.

Card Holder, Book Holder, etc



Tools need to be adapted when working also, like the **curved hammer** and **rolling scissors** to prevent tendonitis of the thumb.



Tools requiring repetitive gripping when in the workshop or gardening should be enlarged, tubing is available in the market to increase the grip size. This may prevent arthritis, tendonitis and even carpal tunnel.



If you are a new mother there are certain devices you can use to protect your hands and be pain free and enjoy your time with you baby. Eg.



Curved bottles, extended stroller handles, bathtub ring.



Hands-On-Care recommends that you enjoy life but also protect your hands so that you don't have to pay for it later in life. Use whatever adaptive equipment meets your need, but do it rather than going on through life with pain. The sooner you make the change the faster you will reap the rewards, i.e. a pain free life or rather pain free hands.

Hands-on-Care

499 Blossom Hill Rd,
San Jose, Ca 95123

Phone: 408-268-8536 Fax: 408-268-8727

2242 Camden Ave, Ste 201
San Jose, CA 95124

Tel: 408-884-8361 Fax: 408-884-8359

Www.HandsOnCareTherapy.com

**HANDS-ON-CARE
PRESENTS**

Hands-on-Care



Specializing in Shoulder, Elbow, Wrist and Hand Therapy

Tools to Protect Hands



Www.HandsOnCareTherapy.com

Adaptive Devices

We develop hand problems either due to trauma or over time called old age.

The one due to trauma may or may not be avoidable but the hand pain developing due to aging over time could be avoidable by using the hand correctly and with proper tools.

We have compiled a list of tools that assists with problems of overuse.

These solutions available in the market. We take it for granted all the tools we use at home that can create hand pain in the long run, if we just adapt it and use correct tools we can eliminate much pain and suffering and lost wages.

When sleeping make sure that the neck is straight, use proper curved **pillows** to maintain the neck position when sleeping on your back or side. If not cared for, it will create neck pain and numbness in the hands.

When working on the computer use a **keyboard tray** to avoid elbows from bending beyond 90 deg. If overused may create pain on the pinky side of the forearm and numbness in the pinky and ring.

When holding objects use bigger joints to grasp/ carry objects. Bigger joints can handle more load and wear and tear than the small joints of the hand.

You can use a **shoulder strap** however you may need to watch for thoracic outlet symptoms in the shoulder area with this device.



There are other tools to eliminate stress from fingers and allows you to grip grocery bags firmly. However its use also needs to be watched carefully.



Using forearm muscles would be a better option to hang grocery bags.

1lb of pinch between the tip of the thumb and the index finger causes 4-6lbs of force at its base. So use devices that reduces this stress. One eg. Is squeezing toothpaste, use the index and middle to slide the paste with the squeezer.



Lemon squeezer is one tool every kitchen should have.



Writing strain is a common problem associated with the traditional pen, caused by excess pressure on the thumb and forefinger. As we write, our hands have a tendency to slip down the barrel of the pen causing us to grip even harder, which puts more stress on the hand. Writing strain can eventually lead to cramps, which makes writing very painful and awkward.

Adaptive **pens** like the ones featured here reduces writers cramp

and prevents arthritis in the thumb. Perfect for anyone who writes: students, teachers, secretaries, office workers, accountants, etc. Excellent for children with poor fine motor control.



Cooking causes a lot of stress on the hands,



whether it is holding the utensils or opening jars or chopping they all require us to use our hands.

To avoid holding the pot for too long and straining the hand use **pot holder**.

To cut or peel vegetables use big grip **peelers** and knife. To avoid arthritis of the small joints of the hand in the future use electronic **jar openers**.



There are multiple **can openers and bottle openers** available in the market along with other devices all designed to protect hands.



You can also keep **Dycem** in your purse to assist you with opening water bottles. We have researched the best ones for you to use to protect your hands.

