Adaptive Equipment

Note: If you have had a hip or knee replaced, dress your surgical leg first (the side that was operated on). Undress your surgical leg last. If you have had a hip replaced, follow your hip precautions when using this equipment.

Reacher

You can use a reacher to pick up light-weight objects that are out of reach. You can also use it to get dressed:

1. Use the reacher to grasp the waistband of your pants or skirt. For underwear, grasp around the leg opening so it will be easy to get your foot through.

2. Lower the clothing to the floor.

3. Put your foot in. (For skirts, put both feet in.)

4. Pull the clothing up so you can reach it with your hand.

5. If putting on pants or underwear, do the same for the other leg.

Dressing stick

You can use a dressing stick to dress the lower part of your body:

1. Hook the dressing stick through the belt loop at the front of your pants. Or place the hook inside the front of the waistband (for pants, skirt or underwear).

2. Lower the clothing to the floor.

3. Put your foot in. (For skirts, put both feet in.)

4. Pull the clothing up so you can reach it with your hand.

5. If putting on pants or underwear, do the same for the other leg.

To remove socks:

1. Slide the dressing stick down into the sock, by the heel.

2. Push the sock off.
Sock aid

A sock aid lets you put your socks on without bending.

1. Put your sock on the sock aid. The heel goes on the bottom. The toe of the sock should be pulled tight against the sock aid.

2. Hold the straps with both hands.

3. Lower the sock aid to the floor.

4. Place your foot into the sock aid.

5. Point your toes and pull the straps until your sock is on.

Long-handled shoehorn

This lets you put your shoes on with little bending. Simply place the shoehorn in the heel of the shoe. Then, slide your heel along the shoehorn to slip your shoe on.

Elastic shoelaces

With elastic shoelaces, you can slip your foot into your shoe to avoid bending or tying. The first time you use them:

1. Thread the shoelaces through your shoes. Be sure to lace through the tongue slot, if you have one.

2. Tie a knot or a double bow. Keep the laces tied at all times.

To put on shoes:

1. With the laces tied, slip your foot into the shoe. If you have a reacher, use it to hold onto the tongue of your shoe while you put it on. Or use a long-handled shoehorn and slide your foot into the shoe.

2. The laces will stretch as you put your foot in. They will tighten around your foot once the shoe is on.

Leg lifter

This is mostly used to move your leg when getting in and out of bed. If you need a leg lifter, your therapist will give you one and show you how to use it.
Commode

A commode can be used in different ways, so there are different kinds.

- A “stationary” or “bedside” commode is used if you have trouble getting to the bathroom toilet. This commode is placed near the bed and has a bucket that can be emptied into the toilet.

- You can use an “all-in-one” or “3-in-1” commode either at your bedside or in the bathroom. The back is open, so you can remove the bucket and place the commode over the toilet as needed. Putting it over the toilet raises the seat and gives you handrails, making it easier to sit down and get up.

You can make the legs of either commode shorter or taller.

Raised toilet seat

A raised seat makes it easier to get on and off the toilet. This is helpful to many people, including those who have had a hip replaced. It keeps you from bending too much at the hips as you lower yourself onto the seat. It also helps if you have trouble with strength or balance when getting on the toilet.

Toilet safety frame

With a safety frame, you can push up from the rails when getting on and off the toilet. The frame attaches to the screws on your toilet seat cover. You can make the legs shorter or taller as needed.

Toilet aid

If you have problems bending, twisting or reaching, you can use a toilet aid to wipe yourself after using the toilet.

1. Roll the toilet paper into a ball.

2. Grip part of the ball with the toilet aid.

3. Wipe.

4. Open the handle to drop the used tissue into the toilet.

Grab bars

You can install grab bars near your toilet and in your bathtub or shower. This will give you something stable to hold onto. Towel bars, soap dishes and shower doors are not strong enough to hold your weight.

Grab bars come in different sizes and angles. Some clamp onto the edge of the tub; others are mounted to the studs in the wall.
Long-handled sponge

It you have trouble bending or twisting, the sponge will help you wash your back, feet and lower legs.

Tub transfer bench
(also called an extended tub bench)

A tub transfer bench is for anyone who has trouble stepping into or out of the bathtub or who has weight-bearing restrictions.

1. Walk up to the edge of the tub and turn around. You should feel the bench at the back of your knees.
2. Sit down on the bench.
3. Staying seated, start turning to face the front of the tub.
4. Lift your feet over the edge of the tub, one at a time. (If you have had your hip replaced, do not lift your knee higher than your hip.)
5. Reverse this process to get out of the tub.

Tub or shower chair

A tub or shower chair can help if you have problems standing in the shower or sitting at the bottom of a bathtub. It lets you sit on the chair while you bathe. You can use a hand-held shower head along with the chair.

Hand-held shower head

This lets you control the spray of the water as you bathe. If you are using a shower chair or tub transfer bench, you may need a hand-held shower head.

Therapist’s name and phone number:

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Comments:

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