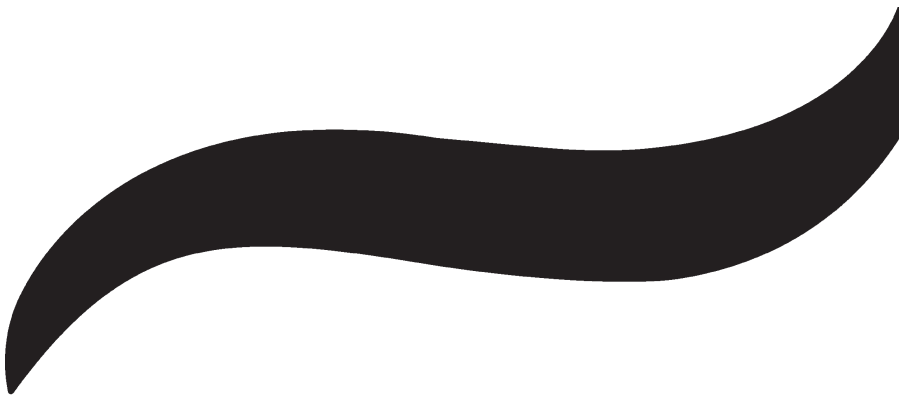




Information about

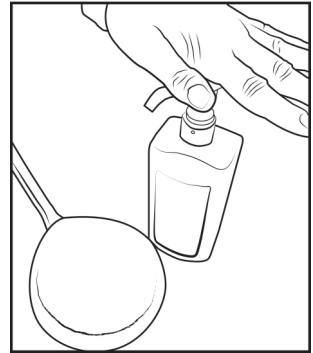
One Handed Techniques

Occupational Therapy

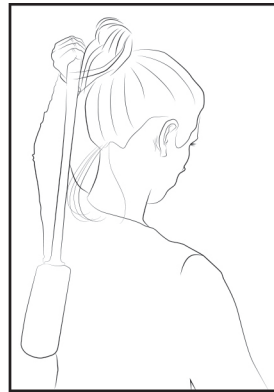
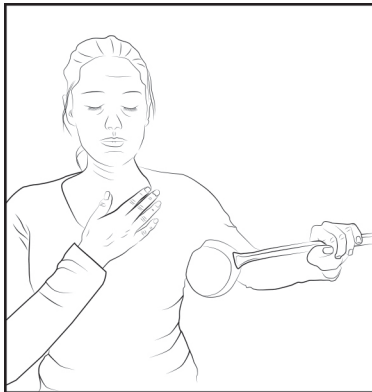


INTRODUCTION:

The first few weeks after your hand injury are very important to make sure your hand heals. Sometimes due to your injury you are limited to what you can do with your injured hand. Therefore, this leaflet will give you tips on how to complete everyday activities using one hand.



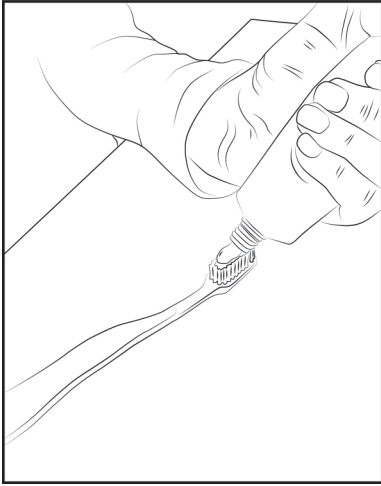
1. Use pump soap and a long handled sponge for washing yourself.



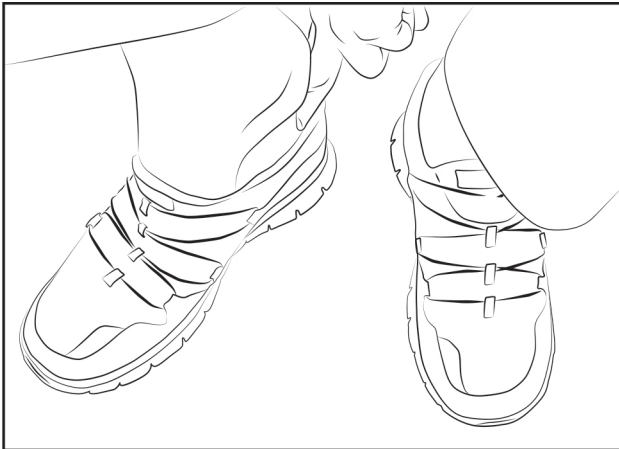
2. Use a towel pinned in a loop, moving it around with your unaffected hand or put on a terry toweling robe to dry yourself.



- 3.** Lay your toothbrush on a flat surface and squeeze the toothpaste with your unaffected hand. You can use pump dispenser toothpaste in the same way.

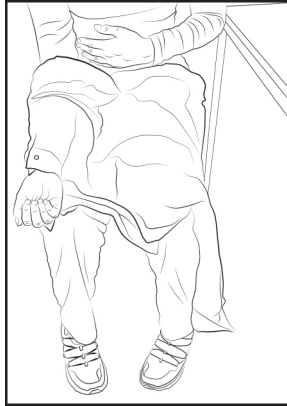


- 4.** If possible wear shoes without laces, with elastic or silicone laces or with velcro fastenings.

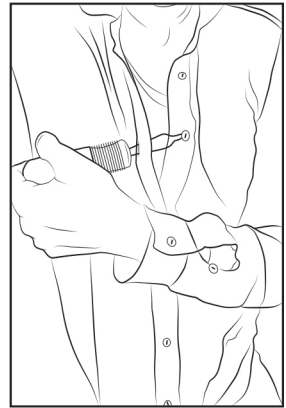
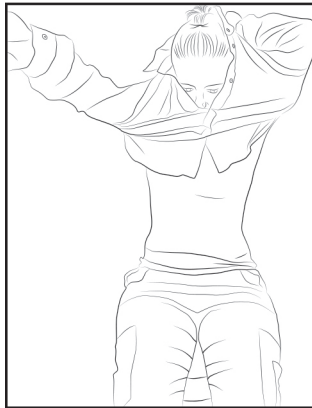


5. Putting on a shirt or jumper:

- a. With most buttons fastened, place the affected arm in the sleeve and pull up to the elbow.
- b. Place the unaffected arm into the sleeve

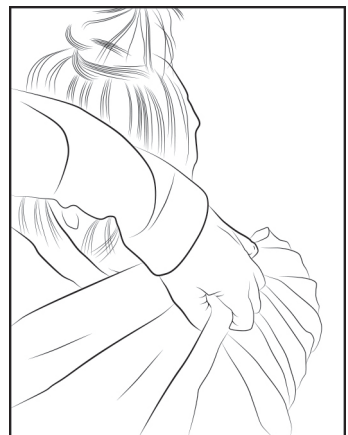


- c. Pull over your head.
- d. Fasten any remaining buttons with a button hook, if needed.



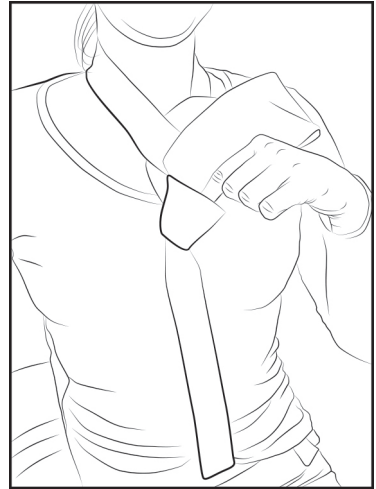
6. Removing a shirt or jumper:

Gather the shirt or jumper at the back of the neck and pull over your head.



7. Tying a tie:

Tuck the narrow end of the tie in the top of the trousers, then wrap the tie in the normal manner, making the knot as high as possible and then pull up into position.



8. Putting on trousers:

Put both feet through trouser openings. Pull trouser legs up above knees, stand and pull up.



9. Putting on socks:

Cross one leg over the other, whilst seated and use one hand to pull sock on.

10. Putting on a bra or padded cup crop top:

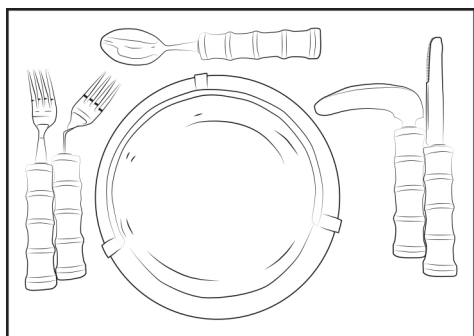
Have bra fastened first (if applicable). Put affected arm through first, followed by unaffected arm, then pull over your head.



11. Peeling, slicing and chopping food:

This non-slip spiked board can hold vegetables whilst peeling, chopping or holding bread for slicing. Pre-chopped or prepared fruit and vegetables are available in supermarkets.



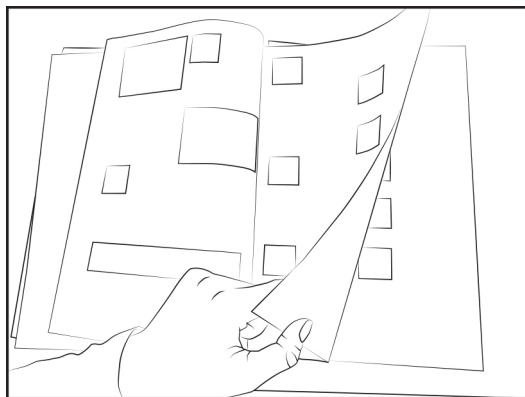
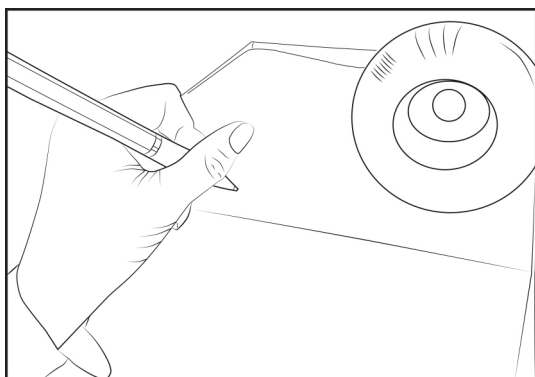


12. Feeding:

There are different types of large-handled cutlery available. 'Sporks' are a combination of a knife, fork and spoon. These are available on the internet. Plate guards can assist with the scooping action.

13. Writing:

When using your unaffected hand to write, use a paperweight to hold the page in position.

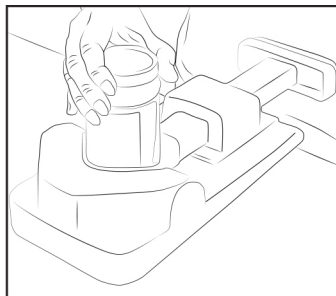
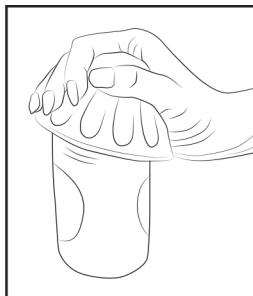
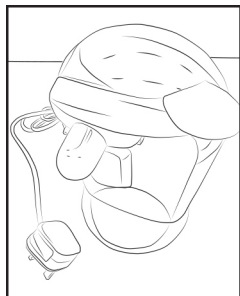


14. Reading:

Place the book or magazine on a flat surface to read.

15. Jar opener or can opener:

A combination of different jar and can holders or openers are available to assist you (including one-touch equipment). You can hold jars under the armpit or in the elbow crease to assist in opening.



Any Questions

Please ask your Occupational Therapist about the availability and provision of the above equipment. You may need to buy some items privately.

Helpful websites:

www.waysandmeans.co.uk
www.themobilitymarket.co.uk
www.dlf.org.uk

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail info@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

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