

A Joint Effort: An Overview of Helpful Braces, Splints, Gizmos and Gadgets

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What Is Available?

- Splints and Braces
- Gizmos and Gadgets

- What are your favorites?

Splints and Braces

- Immobilizers
- Slings





Splints and Braces

- Help with swelling





Splints and Braces

- Stability





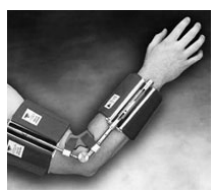
Splints and Braces

- General support and pain relief



Splints and Braces

- Gaining range of motion



Gizmos and Gadgets

Adaptive Equipment and Assistive Devices

Definition

- Devices that are used to assist with completing activities of daily living
- These are tools, products, or types of equipment that help you perform the tasks that you need to do

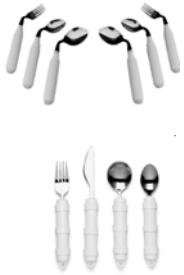
General

- Reacher
 - Use as an extension of your arm. Retrieve or manipulate light-weight objects
 - Helpful if you have difficulty bending at the hips, ankles or knees to reach the floor or for reaching while in the seated position



Eating

- Angled utensils
 - Helpful with limited wrist and elbow range of motion
- Utensils with built-up handles
 - Helpful when a tight grip is difficult or painful




Dressing

- Dressing stick
 - Helpful to pull up pants, socks, etc.



Dressing

- Long-handled shoe horn
 - Useful for those who have limited hip and knee motion





Dressing

- Elastic Laces
 - Eliminate the need to bend and tie your shoes





Dressing

- Sock aid
 - Assists with donning socks when bending at the hip and knee are difficult or painful





Bathing

- Long-handled sponge
 - For use in the bath or shower to cleanse hard to reach areas





Bathing

- Tub Bench

- Used to make bathing easier and safer for people who have difficulty standing or bending, or those with muscle weakness or impaired balance





Mobility

- Raised Toilet Seat

- Elevates the toilet seat height, helpful for people with limited knee or hip range of motion
- Makes sit-to-stand transfers easier





Mobility

- Foam Cushion

- Raises the seat height of a chair to accommodate limitations in knee and hip range of motion
- Also helps with transferring from sitting to standing and results in less need to push off with arms





Mobility

- Leg lifter
 - Useful to help move a painful or weak leg





Mobility





Summary

- Activities of daily living and mobility can be enhanced through the use of gizmos and gadgets
- Splints and braces can also help with pain and swelling, and reduce the stress on your joints
