

TOOLS & TIPS

Please note: The following lists, pictures, and descriptions do NOT constitute an endorsement of or prescription for any of the items or methods herein. You are expected to use this as an informational guide to your own research and decision-making process. Where possible, you are advised to try something before you invest in it.

Bathing & Showering

Tips

General Safety

- Allow plenty of time to shower. It is not safe to rush when you are wet and slippery.
- Make sure the bottom of the tub is non-slip. If it is not, use non-slip stickers on the floor. You can also place them on the floor outside of the tub/shower for added safety.



- If you have difficulty standing in the shower, use a shower chair. If you have difficulty getting into or standing in the tub, or stepping over the threshold of a walk-in shower use a tub transfer bench, also called a bath bench. In some instances, a shower chair may also work in a tub as a seating surface but does not usually help you get your legs over the wall of the tub as safely as a bench which bridges the wall of the tub. Using these devices appropriately can reduce your risk of falling and related injuries.



- Use grab bars to assist with getting in and out of the tub or shower. They can also add balance support when you are bathing.
 - Wall-mounted grab bars should be secured to a stud wall.
 - Wall-mounted grab bars can be placed at the entrance to the tub or shower and on all sides of the tub or shower surrounding walls. Imagine “walking your hands” from

bar to bar to determine the best placement for your needs.



- Wall-mounted grab bars can be installed vertically, horizontally, and diagonally. Vertical ones usually work at the entrance to the tub or shower.
 - Horizontal ones usually work well on the faucet side wall and the wall that is opposite of the faucet side wall.
 - Horizontal or diagonal bars are usually seen on the back, long wall of the surrounding tub/shower walls.
 - A long horizontal bar can give you a consistent place to grab onto wherever you are in the shower.
 - A shorter diagonal bar can help you when you are standing up from the tub floor by allowing you to travel your hand from the lower end to the higher end. It may be better to have the higher end be towards the faucet wall and the lower end about midway on the long, back wall. This tends to be the location where you would reach to as you are beginning to stand up. To figure out the best position for you, imagine where you will put hands when getting up from the tub.



- Transfer poles are also another popular option as they do not require you to drill into the wall and may also double as a transfer aid when getting to the toilet, depending upon the location of your toilet.



- Clamp style grab bars clamp onto the tub wall. They can also be helpful in standing up from the tub and keeping your balance when getting in and out.



- Suction cup grab bars may not withstand sheering forces if you lean on them heavily.
- Towel racks, sliding glass door frames, and soap dishes are not safe hand holds.

Organizing Bath & Shower Supplies

- Use body wash, shampoo, and conditioner in pump bottles for easy dispensing.
- If you buy hygiene products on large, bulk containers, transfer them to smaller sized containers that you can manipulate with greater ease.
- Use a soap on a rope, or place a bar of soap in a nylon stocking and tie it to your shower chair to eliminate the problems of dropping the soap.
- Position a shower caddy lower so you can easily reach items when sitting to bathe.
- Lower hooks in bathrooms so you can easily reach towels and robes.

Tools

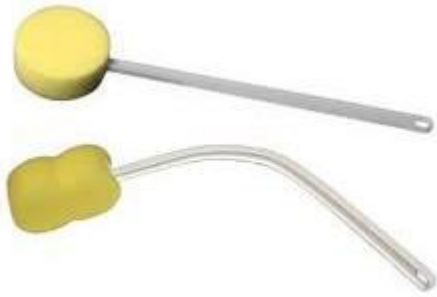
- Use a hand held shower head to control wear water is flowing.
 - If you have grab bars, you can slide the handle of the shower head into the space between the grab bar and the wall so you do not have to reach up to secure it.
 - You can also hook it into the handle of a bath bench or shower chair for the same ease of use. Some benches and chairs have round cut-outs intended for this purpose.
 - Some of these showerheads come on an adjustable bar that allows you to control the height of the sprayer.
 - Try to make sure the hose is long enough to reach where you need it. If it is not long enough to reach a chair or bench that you have positioned at the back of your tub (so that it faces your faucets), you can turn the bench or chair around and place it close to the faucets. This may make a shorter hose work for you.



- Instead of a washcloth, use a wash mitt. You can make one by folding a wash cloth and stitching the edges together.



- Use a long-handled sponge or loofah to reach your back, lower legs, and feet.



- You can secure a cloth or sponge into a toilet paper aide to wash your bottom. Be sure to wash the perineal area from front to back.



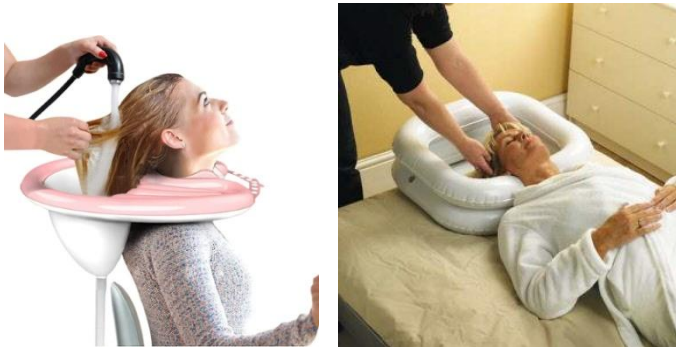
- Foot scrubbers that suction to the floor are useful in washing between your toes and on the bottoms of your feet. Some have pumice stones to reduce calluses. There are long-handled devices with small wedge sponges that can also wash between your toes.



- Use a long-handled hair washer to reach the top of your head.



- A shampoo basin, cap, or waterless/dry shampoo can make washing hair easier. Basins are usually used when another person can help. Waterless/dry shampoo can be done independently and keep your hair fresher between thorough washes.



Drying & Dressing

- Transporting clothing or other items with a walker.
 - If the walker has a seat/basket, you can set items here.
 - You can drape clothing and towels over the front bar of the walker provided they do not drag on the ground.
 - You can attach grocery bags or other commercially made bags to the walker to carry smaller items.
- When taking clothing off:
 - “Bare your bottom” while standing, meaning pull down pants and underwear. Do not remove them. Do not remove your shoes.
 - Sit down and undress the rest of the way. If you are using a bath bench, sit to the edge of the bench so that when you are naked, you can simply shift into the tub/shower.
- Once you are done bathing:
 - If you are using a bath bench, shift so your feet are on the outside of the tub. Have 2 towels and your clothing within reach. Place a towel on the bench

behind you to keep your clothing dry as you proceed. Use the other towel to dry your upper body. Put on your shirt. Stay seated. Dry your lower body, but not your bottom. Dress your lower body (underwear, pants, socks, shoes), but only draw the pants and underwear to your mid thighs. Stand up. Dry your bottom and pull your underwear and pants up.

- If you had difficulty washing your bottom while in the shower, you can do this with some wet wipes or other preferred washing method when you stand up. Have them within reach. Wash your bottom. Dry your bottom. Pull your clothing up.
- If you do not intend or need to use the above drying and dressing tips, then you can use a terrycloth robe instead of a towel. Simply put your robe on and let it soak up the water as you do other tasks. Sitting on the robe will help you dry your bottom without reaching.

Toileting

General Safety

- Use a transfer aid to make getting up and down from the toilet easier, reducing fall risk, effort, and related pain.
 - Wall mounted grab bars can be placed on either side of the toilet or just one side. Some models can swing out of the way when not needed.



- A transfer pole is a sturdy device that does not always require mounting into walls. If the toilet is near the tub/shower, it may serve as a safety aid for both toilet and tub/shower.



- Toilet rails are generally mounted to the toilet where the seat is attached.



- Toilet frames do not usually require permanent mounting and may feel more sturdy than toilet rails. Some people worry that they will trip on the base frame that goes in front of the toilet.



- Elevated toilet seats sit inside the toilet bowl and are attached with a clamping/pressure type of mechanism. They come in various heights but are not adjustable or easily removed once installed. Some people also find them difficult to clean and/or unattractive.



- A bedside commode placed over the toilet with the bucket removed has many advantages. It does not require permanent mounting. It has 4 sturdy legs on the floor. It has arms for pushing up and lowering down. Some styles have arms that can also swing out of the way. The legs are adjustable. Typically they can be more finely tuned to a person's changing needs than other options. Should a bedside commode be needed at bedside, it can be moved. A bedside commode can also double as a shower chair, though it is prone to rusting if the water is not drained from the holes in the legs.



- Use a bedside commode at bedside during the night to reduce falls from walking in the dark when tired and possibly medicated.
 - Male and female urinals can also be kept at bedside and used.
- Remove rugs from the bathroom to reduce trip hazards.
- Use a nightlight to find your way in the bathroom.
 - You can also use vinyl light ropes or under-cabinet lighting secured along base boards to light the path to the bathroom.
 - If you use a bidet attachment, some have a lighting option to help you find your way as well.



Hygiene

- Position the toilet paper so that it is easy to reach.
- If you're having difficulty reaching behind, a toileting aid can extend your reach.



- Flushable wipes can make cleaning up after toileting much easier and more thorough.
- A bidet, portable bidet, or bidet attachment, which slides under the lid of your existing toilet, can also make hygiene much better and eliminate the need to twist or reach.

Most hook into your existing water supply. Be sure to check of the water pressure is adjustable. If you want warm water, you will need to add a warm water hook-up. However, if you use the portable bidet, you can add warm water to it before using, or place it in a warming device such as those used for massage oils. Just be sure not to set the temperature too high.



- Be sure to wipe from front to back to avoid accidentally drawing fecal matter towards your urethral opening as this can increase your risk for urinary tract infections.
- Wash your hands, or use antibacterial gel to disinfect your hands after you toilet.

Clothing Management

- Pull your pants up over your knees before standing up to prevent them from falling down.
- Choose clothing that is easy to pull up and push down.
- If you have incontinence:
 - Use pull-up style briefs instead of those with side-closure tabs.

- Keep a change of clothing, hygiene supplies, and an extra set of dressing aides, if needed, within reach of the toilet.

Dressing

General Safety

- Sit to dress, preferably in a sturdy chair with arms that is located where you normally get dressed.
- If you have difficulty sitting, dress while lying down. Ask your OT for strategies for this.
- Dress you weaker arm or leg first. Undress it last.
- Reduce bending when dressing your lower body by:
 - Crossing one leg over the other to dress it
 - Propping your leg on the bed or a stool
 - Using long-handled equipment
- Put your pants on before your socks. Take your socks off after removing your pants.
- Once your clothes are removed, do not leave them on the floor as they become trip hazards.
- When using a walker to transport clothes, drape them over the front bar, on the seat, or in the basket.
- When taking clothing off:
 - “Bare your bottom” while standing, meaning pull down pants and underwear. Do not remove them. Do not remove your shoes.
 - Sit down and undress the rest of the way.
- When putting clothes on:
 - Stay seated. Dress your upper body. Dress your lower body but only draw the pants and underwear to your mid thighs. Put on your socks and shoes.
 - Stand up. Pull your underwear and pants up.

Choosing Clothing

- Choose clothes that you can put on and take off easily, such as:
 - Elastic waist pants
 - Loose fitting pull-over tops
 - Suspenders instead of a belt
 - Slip-on shoes
 - You can turn laced shoes into slip-on shoes by replacing the laces with elastic you get from the fabric store. There are commercial options for

this as well.



- Clothing, such as belts and shoes, with Velcro or magnetic closures are usually easier to manage.
- Hook-front bras and sports bras are generally easier than back closure bras.

Clothing Storage

- Store clothing in easy-to-reach locations, especially items you wear often.
- Avoid storing clothing on the floor.
- Lower closet rods so they are easier to reach. Alternatively, use a dressing stick to lift hangers from higher rods, and to replace them when done.
- Hand complete outfits on one hanger.
- Label drawers with words or pictures to make clothing easier to find.

Tools

- Dressing sticks are usually a handy tool that can be used creatively for a variety of tasks. Most often it is used for dressing.
 - You can use the end with the coffee cup hook to pull shoes and boots on that have a loop on the heel. The hook catches the loop and then you pull them on.
 - You can use the hook that looks like a towel or coat hook to push socks, pants, and shoes off your foot over your heel. Heels are often a tricky body part to remove clothing from.
 - Finally, for lower body dressing, you can slide the stick into a pant leg to help you get your pants on. For this, I advise placing the stick on the inside of the pant leg along the outer seam. You don't have to put the whole stick in, just enough to hold the leg open while you lower it to the floor. To get your foot in the correct leg, follow the stick with your foot into the pant leg. If you have aligned it with the outer seam, you should go into the correct leg.
- You can make your own dressing stick from a dowel rod, length and width of your choosing, a cup hook, and a towel hook. You can buffer the rough wood ends by adding the rubber foot that you would have on the bottom of a cane, wrapping it in tape, or sanding it. Screw the hooks into their respective ends. Unscrew them and add some glue

to their threads. Screw them back in again.



- A reacher/grabber can help with dressing tasks, but can sometimes be flimsy when a good grip is needed. They are good, though, for picking up clothing and other items from the floor, and pulling on the toes of partially removed socks to get them off the rest of the way.



- A sock aide helps is a handy device to help you put on your socks.



- Long-handled shoe horns can help you slide your foot into your shoe more easily. Be sure to place it behind your heel for best results. Also, a shallower basin and a metal surface may be more effective than the alternatives.



- A combination button hook/zipper pull is used to make buttoning and zipping clothing easier. Look for a wide-handled option as they are easier to grip. You can also use a variety of alternatives to make grasping a zipper easier, such as key rings, thin rope loops, and commercially produced options.



- A pocket dresser is another handy device with multiple button-hooking and zipper-pulling options.



Grooming

Tips and Tools

- An electric toothbrush can make teeth cleaning easier if you cannot move your arm well.
- A toothpaste dispenser can help you put the right amount of toothpaste on your brush which can be helpful if you cannot see well or control how well you squeeze.



- A weighted toothbrush and razor holder can reduce tremors. Alternatively, you can add a small, wrap-around weight to your wrist.
- A universal cuff helps you hold a variety of items when it is difficult to use your hands. It velcros around your palm. There is a pocket to hold a variety of items, such as utensils, toothbrushes, etc.
 - Alternatively, there are silicon straps that you can hook onto handles of these same items and then slide your hand into.



- Long-handled combs and brushes make it easier to reach your hair when your arms or weak or your shoulders are limited.



- Long-handled lotion applicators help you lotion your feet and back to ensure skin health.



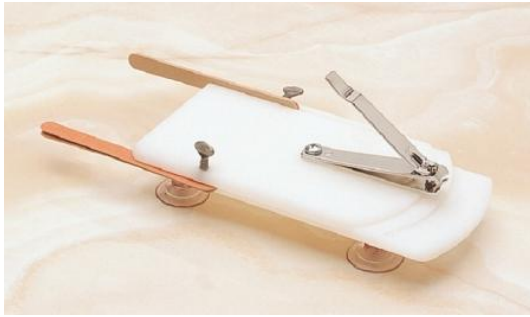
- Placing a stool or chair by a sink can help you conserve energy by allowing you to sit while grooming. A tall stool may be a useful option for those who find it difficult to stand up after sitting. In this scenario, you would lean onto the tall stools. Just be sure it won't slide. A non-slip surface on the feet can help with this.
- A one-handed suction denture brush adheres to the sink so you can brush your dentures more easily.



- A suction cup nail brush also adheres to the counter to make it easier to clean under your nails which is a very important area to keep clean as bacteria tend to accumulate here.



- Suction-based nail care centers have nail files and clippers fastened down to make it easier to perform the related tasks.



- Extension razor holders can extend razors so you can shave your legs or your face when you have difficulty reaching these areas.



- Holders for blow dryers can allow you to secure the dryer to the wall when use of your arms and hands is limited.



- Along-handled inspection mirror enables you to see the bottoms of your feet to make sure the skin is healthy. When paired with a stand-alone mirror, it can also enable you to see your bottom and perineal area to ensure that the skin there, too, is also healthy.



Eating

Eating Strategies

- Finger foods can be easier to manage. Choose ones that are also nutritious to ensure your dietary needs are being met.
- Similarly, cut larger foods and sandwiches into bite-sized pieces to make them easier to manage and to reduce the risk of choking on larger food items.
 - Tough to chew foods, like meat, can be cut very small in order to reduce the amount of effort required when chewing.
- Smaller containers are generally lighter and easier to manage. Purchase items in small containers to begin with or have someone transfer food and drink from large containers to small ones for you.

Plates & Utensils

- Try wide-handled or built-up utensils. The widened handle is easier to grip.
 - You can buy these commercially. If you have a tremor, you can often get utensils that are both wide-handled and weighted.
 - You can wrap pipe insulation foam or commercially available foam tubing around the handle and tape it in place to make it wider.



- A universal cuff or silicon strap can be used to hold a thin handled utensil reducing or eliminating the need to grip.



- Some of the utensils have necks that can be bent to angle food towards your mouth when it is difficult to bend your wrist or steady your hand through the wrist bending motion.



- Try a divided or scoop plate to prevent food from sliding off the edge of the plate. Many come with a non-slip surface on the bottom to also keep the plate from sliding on the table.



- Rocker knives and rolling knives, like pizza cutters, can be used to cut food more easily when you have limited or no use of one hand.



Drinking Aides

- Cups with lids, such as travel mugs are helpful in preventing spills.
- Cups with handles as well are easier to hold.
- Cups with side cut-outs can be easier to use for people who have difficulty tipping their heads back to get the liquid out when drinking. The cut-out allows them to tip the cup instead of their head.

- Cups with built-in straws can also eliminate the need to tip your head back when drinking.
- Safe Straws can limit the amount of fluid you take with each drink which can be useful when you have difficulty swallowing or if you care for someone who has this difficulty and may have trouble controlling how much they take in at one time.



handSteady®

Lord Snowdon Award
Help the Aged Award
Dyson Scholarship

Curved Rim™ technology
Comfortable for lips, stops drips and directs drink to centre of your mouth.

Rotatable Handle™ technology
To give you advanced dexterity and stabilisation. Patent pending.

State of the Art material
Unbreakable, light weight, dishwasher safe and stain resistant.

Double Arc Handle™ design
Large handle, so you can hold securely with a power grip of up to four fingers.

Hidden Lid™ accessory
Reduces spillages, easy to drink with, holds straws and keeps drinks warm.

Anti-Slip Base™ accessory
Increases frictional contact with table, like a coaster and absorbs sound.



Meal Preparation Strategies

Source: National Center on Health, Physical Activity and Disability. Link:

<https://www.nchpad.org/1831/7016/Tips~for~Cooking~with~One~Hand>

Cutting and Chopping

- Use a food processor, a hand chopper, or a vegetable chopper to quickly chop food.
- Use a rocker knife to cut through foods rather than saw.
- A pizza cutter can also easily be used to cut quesadillas, sandwiches, and other flat foods.
- Use scissors (or one-handed scissors) to cut open packages easily. Utilize cutting boards that have suction cups on the bottom to prevent them from slipping. Cutting boards that also have prongs or pricks help hold produce and other food items in place to make them easier to cut.



Measuring

- Most vegetable choppers also have measurements written on the base; this allows for easy measuring without having to use measuring cups.
- Use a turkey baster to measure smaller amounts.
- Add a rubber band to open cans and containers for level measuring with dry measuring cups and spoons for flour, sugar, and other powdery ingredients.



Handling Hot Items

- With an oven mitt, pull the oven rack out slightly to make it easier to grab the dish or pan and avoid reaching deep into the oven.
- Rather than putting all ingredients on one large sheet pan, use smaller sheet pans to lighten the load when retrieving food from the oven.
- Plastic mixing bowls with a non-slip bottom are usually lighter than glass or metal bowls, making them easier to carry and a sturdy choice when stirring.

- If the microwave is placed on the counter and the food dish is heavy, slide the hot item directly onto the counter. If the microwave is built into the wall and the food dish is heavy, slide the hot item onto another nearby high surface to cool or ask someone for assistance.
- Use high quality oven mitts to prevent burns or heat exposure. Non-slip oven mitts will ensure a good grip.
- Use pots with attached strainers and have a single handle to help with straining noodles and removing excess water from steaming vegetables.



Storage

- Store food in containers that are easy to open with no twisting or hand strength required. Some lids have pull tabs while others may have buttons to poke and open the lid.

Adapted Tools

- Add handles to utensils with texture or a “build up” handle will allow for more control and strength as these make utensils easier to grasp. Add a universal cuff to a utensil to extra support.
- Use shelf lining under any bowls, plates, or cutting boards to make them nonslip.
- Scooper suction cup plates (lipped plates) can provide an immovable plate with higher lips that allow you to scoop your food onto your utensil with ease.
- A pot stabilizer helps to keep a pot in place and not move on the stove eye when using a flat top stove.
- Robo Twist is an electric jar opener that will grasp, and twist open a lid on a jar, without having to hold or barely having to hold the jar.
- A silicone food pod cooking basket allows food, like eggs, vegetables, or pasts, to be cooked in a pot and then be strained easily. Being made of silicone, it doesn’t get too hot, and they usually have an easy-to-use handle.
- Electric salt and pepper grinders make it easy to have freshly ground pepper or salt by the push of a button.
- Use a mounted opener that is nailed to a wall or hard surface to open jars and cans.

Other Considerations

- Purchase ingredients that are already measured or pre-cut to make the prepping process smoother.
- Tools with suction cups keep the object in place and are easier to use.
- To easily wash fruits and vegetables, place them in a strainer in your sink and rinse them with water until they are clean. Another way to wash fruits and vegetables is to put a scrub brush with a suction cup on the side of your sink and scrub the produce against it.
- An electric mixer can easily shred chicken after it has been cooked.
- Clamp-On vegetable peelers clamp onto the counter and make peeling vegetables an easy task while staying put.
- Crack an egg with one hand by hitting the side of the egg onto the counter or edge of a bowl. Then, pull the top part of the egg with your thumb and index finger away from the bottom part with your pinky and ring finger. This technique is difficult to complete at first, but practice will make it much easier!
- Use tongs to assist with serving items like salad or pasta or flipping things in a pan like tortillas or meat.
- Consider making extra servings of a meal and freeze it for later.

Seating

Seat cushion

- Look for these basic features: a sacral/coccyx cut-out and a shallow pommel.
 - The sacral/coccyx cut out allows your sacrum to descend into the opening so it is not being compressed upwards and adding compression further up your spine.
 - The pommel, and the accompanying dips on either side, help to stabilize the position of your hips so they don't roll into external rotation. The downside to the pommel is that it might be difficult to move your leg over to get out of a vehicle.
- There are many brands to choose from at varying prices. I advise, if possible, going to a supplier and asking them if you can try different styles in your vehicle as the shape of your seat could alter the shape of the cushion.



Lumbar/Low back support

- There are several commercially available cushions to fit into the curve of your low back. However, you may find you are just as comfortable with a couch pillow, cylindrical pillow, or towel roll placed behind your back instead. You may also find it beneficial to place the pillow vertically behind the length of your spine. Experiment and see what you like.



Furniture risers

- Elevating the height of your furniture can make sitting and standing easier. You can make furniture risers or buy them. If you make them, consider using a scrap 2x4 on the flat side under the foot of your couch, bed, or chair. If it isn't high enough, add another until you reach the best height. If your final height is 4x4, then you could use a scrap 4x4 block to replace the 2x4s. Afterwards, secure them either to the foot of your furniture, or by creating a frame that connects all four corners.



Firm up sinking cushions

- A solid seat insert can be used to add support under cushions that are too soft or seats, like wheelchair seats, that are shaped like slings. This can help to keep your body in better alignment and reduce pain. You can make your own from thin plyboard. Just remember to smooth rough edges and put a cushion on top.



Alternative chair types

- There are a variety of seating options depending upon your preference. Below are some pictures showing different chair styles.



Driving/Riding

Seat cushion

- Look for these basic features: a sacral/coccyx cut-out and a shallow pommel.
 - The sacral/coccyx cut out allows your sacrum to descend into the opening so it is not being compressed upwards and adding compression further up your spine.
 - The pommel, and the accompanying dips one either side, help to stabilize the position of your hips so they don't roll into external rotation. The down side to the pommel is that it might be difficult to move your leg over to get out of a vehicle.
- There are many brands to choose from at varying prices. I advise, if possible, going to a supplier and asking them if you can try different styles in your vehicle as the shape of your seat could alter the shape of the cushion.



Lumbar/Low back support

- There are several commercially available cushions to fit into the curve of your low back. However, you may find you are just as comfortable with a couch pillow, cylindrical pillow, or towel roll placed behind your back instead. You may also find it beneficial to place the pillow vertically behind the length of your spine. Experiment and see what you like.



Transfer aides

There are several devices to help you get in and out of your vehicle more easily. Here are just a few.



A car cane can be inserted into your door latch when you need to push against something stable to stand up or sit down. It can be removed when not needed.





A transfer strap gives you another handhold for support. Be certain that your car door is steady enough for you to use this type of device.

A slip sheet is a simple piece of plastic that makes it easier to slide into and out of the vehicle. A garbage bag, grocery bag, or similar will work fine. To prevent sweating, place a towel over the top of it. Be certain that you can use this without sliding uncontrollably.



Steps into and out of tall vehicles can be very helpful. It is best if they are also stable. A step stool is a simple option provided it is stable. You can attach a rope to it so you can pull it into the vehicle behind you after you step in or drop it out of the vehicle when you want to get out.



Other commercial options including installing a fixed side step rail, or a sliding side step that retracts when the door is closed and extends when the door is open.



TIP: It is important to take rest breaks when traveling long distances. Plan your timing so you can stop every 2 hours for a 10-minute movement break. This improves circulation, reduces pressure on nerves, and reduces overall pain from being in one position for too long.

Managing Pain in the Moment

- Myofascial release is a common method used to manage pain. However, you can't always go to a practitioner to have them work out fascial restrictions when you need it. Here are some tools you can use on your own.
- A tennis ball (or 2) in a nylon stocking. If you put one tennis ball in the stocking, put it in the end of the stocking. If you use two tennis balls, put them in the middle of the stocking and tie a knot on either side to hold them in place. Then, place the tennis ball against a sore spot where you feel like you have fascial restriction, such as a muscle knot, and press against it by leaning against a wall, a chair, or the floor. The nylon stocking gives you a stretchy handle so you can reposition it more easily.



- A thereacane and similar devices, works in a similar fashion to the tennis balls, but is a little more expensive. It is surprisingly versatile and can reach many parts of your body including your feet, sides of thighs, upper arms, and back. The hook allows you to place that end against hard to reach places in your back and press. Again, you can lean against a wall or chair to add pressure to certain areas.



- A self-massager is a more expensive tool that can be mildly effective to very effective at releasing restricted fascial tissue. It depends on the type of massager you purchase. Standard ones found in most drug stores are gentler and may be just right for sensitive people or those who are more vulnerable to weak bones. Percussion massagers usually do a very good job, but are the most expensive device and should only be used on meaty parts of your body, not organs, bones, or over the heart. Again, caution should be used if you have vulnerabilities that could be aggravated by deep, vibratory input.



Practical Supports for Painful Parts

Sometimes, you just need a little extra support. What follows are several common options. They should not, usually, be worn all the time. Instead, wear them for a few hour while doing exertive work, and then take them off when at rest. Use them to practice holding your body and using it correctly. In general, they are trainers or supports and are NOT intended to replace stretching, strengthening, and practice of good mechanics.

Shoulder supports



Posture trainers with and without lumbar support



Lumbar supports



Pregnancy/belly supports



Hip supports

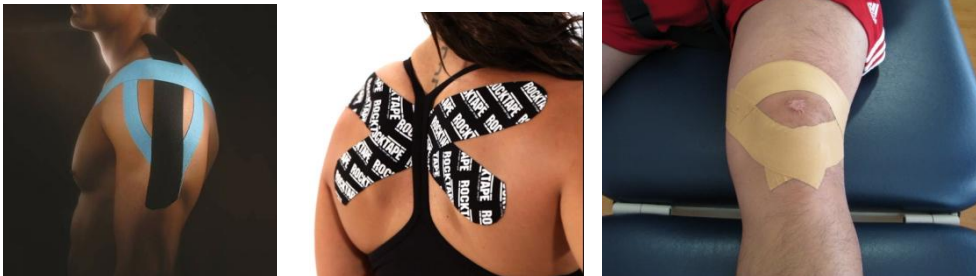


Tape

Tape comes in the two varieties below. It can be very versatile in how it is applied, especially the fascial tape. There are often instructions available to guide you, but you may find you need a clinician to apply it first so you can copy the pattern on your own. If you do this, take pictures of the clinician's work on your phone for reference. *It is important to check for allergic responses to the tape, even the gentle and hypoallergenic varieties. Also, know how to remove it safely before you apply it so you can do so quickly and safely if you find it worsens your symptoms.

Fascial tape

This tape stretches. Many find it very helpful. It reportedly supports alignment, improves interstitial fluid flow and retrains nervous system.



Sport tape

This is stiff tape used to support joint alignment. It does not allow much, if any, movement depending on how it is applied.



Ambulatory Aides

There are a variety of aides to help you stay safe when walking. They can also reduce the amount of energy you use and strain on your body which can enable you to go further than you could without them. Here is a sampling of options.

Canes, single point and quad canes



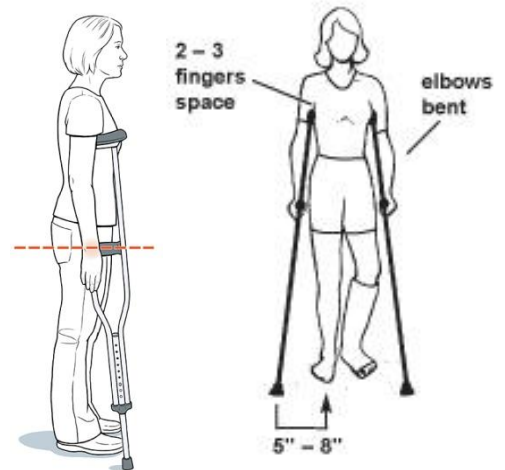
Hemi-walker



Forearm crutches



Axila (armpit) crutches



2-Wheeled/Front-Wheeled Walker



4-Wheeled Walker/Rollator

*If you cannot grip the handbrakes or if your reaction time is slow, this might not be the best walker for you. Consider the 2-Wheeled Walker instead.

