



Assistive Devices

The following assistive devices may be recommended by your Occupational Therapist. These devices are designed to prevent unnecessary bending while you attempt activities of daily living. Their use is temporary until that time your physician eliminates post surgical precautions.

I. Dressing:

During your recovery, you may find that putting on clothes such as stockings, trousers, panties, shorts or trying shoes presents a temporary problem.

SOCK AID

To assist in putting on socks/stockings.

DRESSING STICK

To assist in putting on and/or removing LE garments; socks, stockings.

LONG SHOE HORN

To assist on/off shoes.

SHOELACES

To slip foot in/out of shoe without tying/untying shoe laces.



Assistive Devices

May 1999

II. **BATHING:**

LONG HANDLED SPONGE

Used to wash back, legs or feet. Wrap towel around the sponge for drying.

SUCTION SOAP HOLDER

USE A BATH MAT STRIPS

To prevent slipping in the wet tub or shower.

A LONG HANDLED REACHER

To assist in picking up things from the floor and shelves.

Ask your doctor when you can assume regular activities without observing precautions or using assistive devices. You may wish to ask your doctor questions related to other important activities for work and leisure.

Name: _____

Therapist: _____/Tele.# _____