

Using Adaptive Equipment

Long handled bath sponge:

- Use while in seated position on tub or shower chair to wash your legs and feet. Keep your hip angle at 90 degrees.
- Squeeze sponge out and wrap a hand towel around it to dry lower leg.
- A long handled bath sponge works well to put lotion on your legs.



Reacher

Gather the leg of your pants to make the hole easy to get to. Hold onto the gathered leg with the reacher and bring it down to put your foot in the hole. Pull it up until you can easily reach it with your hand without bending. Repeat the process with the other leg.



Sock Aid

Pull the sock all the way onto the sock aid.
Make sure the sock aid is all of the way into the sock.



Using the ropes put the sock aid down on the floor and put your foot in the hole.

Point your toes and keep them pointed while you pull slowly on the ropes. The sock will be pulled onto your foot as you pull the ropes. Make sure that you pull slowly so the whole sock is pulled all the way up. Use your reacher to adjust the sock over your ankle as needed.



Toilet tongs

Wrap the amount of paper around the tongs and grip the end to keep the paper on the tongs. You will need to partially stand up from the toilet to be able to reach. Make sure you do not twist your spine when using the tongs. You can use wet wipes with the tongs to be sure you are cleaning adequately.

Canning tongs work as well as the medical tongs.

Long handled shoe horn

- You can leave your shoes tied if using the shoe horn.
- Place your toes into your shoe. Place the shoe horn in the back of the shoe to keep the back of the shoe in place.
- Slide your heel down the shoe horn into the shoe.