

ADAPTIVE DEVICES and IDEAS for ARTHRITIS- Making Tasks Easier Around Your Home and at Work



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Outline

- Joint Protection—quick review
- Energy conservation Work efficiency and fatigue management
- Adaptive devices
- Questions
- Practice time

Joint Protection

- A concept used in all treatment of people with arthritic joints.
- Analyzing how one performs activities to determine if that could lead to pain and deformity.
- Devising strategies to help preserve joint integrity, relieve pain during activities and reduce inflammation.
- (Joy Cordery, OTR & Mary Rocchi, PT)

Joint Protection Principles

- Respect pain
- Maintain flexibility and strength
- Practice good body mechanics
- Use good posture
- Balance rest and activities
- Reduce excessive loading force
- Use self-help skills and devices
- (University of Washington Jan. 05)

Energy Conservation, Work Efficiency and Fatigue Management

- Per many authors fatigue can be one of the most disabling aspects of rheumatic disease.
- Energy conservation—a practice by which one tries to eliminate most if not all unnecessary energy expenditure and be able to have the stamina to engage in needed and enjoyable tasks.
- (McCarty, 93), (Schur, 93), (Calin, Edwards and Kennedy, 93), (Sari hands)

Energy Conservation Techniques

- Plan ahead
- Prioritize
- Pace yourself
- Schedule rest time
- Avoid exhausting tasks and situations
- Reduce stress
- Delegate whenever possible
 - (Sari hands)

Adaptive Devices: Kitchen

○ 1



Kitchen Continued

○ 2



Kitchen Continued

○ 3



Kitchen Continued

○ 4



Kitchen Continued

○ 5



Kitchen Continued

○ 6



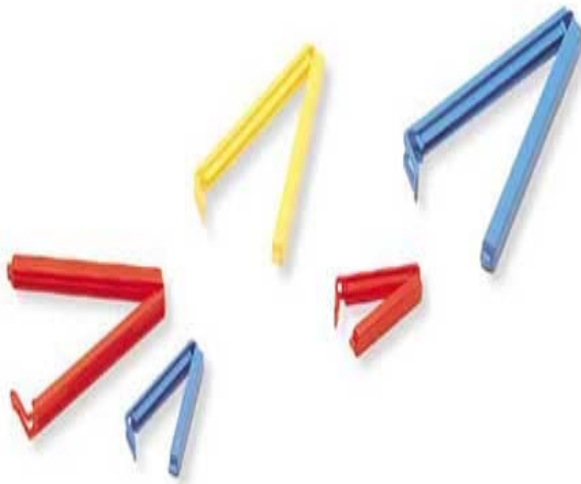
Kitchen Continued

○ 7



Kitchen Continued

○ 8



Kitchen Continued

○ 9



Bathroom

○ 1



Bathroom Continued

○ 2



Bathroom—Hygiene

○ 1



Bathroom—Hygiene Continued

○ 2



Bathroom—Hygiene Continued

○ 3



Bedroom

○ 1



Bedroom Continued

○ 2



Bedroom—Dressing

○ 1



Bedroom—Dressing Continued

○ 2



Bedroom—Dressing Continued

○ 3



Bedroom—Dressing Continued

○ 4



Dinning Room

○ 1



Dinning Room Continued

○ 2



Living Room

○ 1



Living Room Continued

○ 2



Living Room Continued

○ 3



Living Room Continued

○ 4



Office

○ 1



Office Continued

○ 2



Leisure

○ 1



Leisure Continued

○ 2



Leisure Continued

○ 3



Car Devices

○ 1



Supportive Splints

○ 1



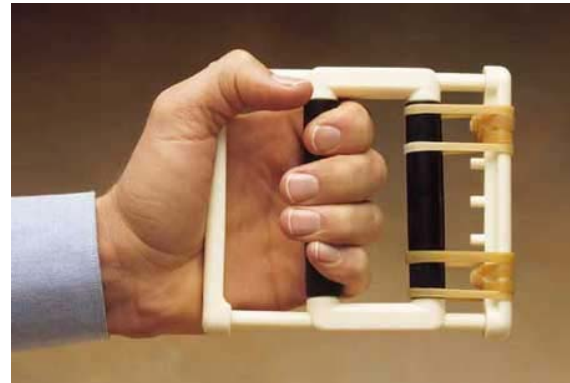
Other

○ 1



Other Continued

○ 1



Thank You & Questions

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services](http://www.brighamandwomens.org/rehabilitation-services)**



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