

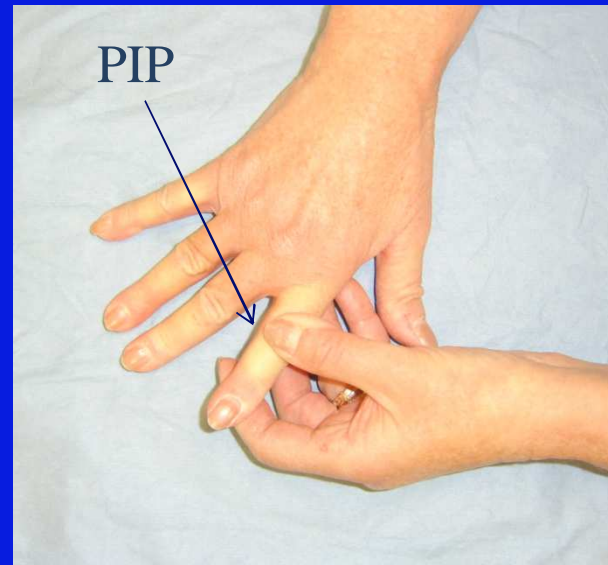
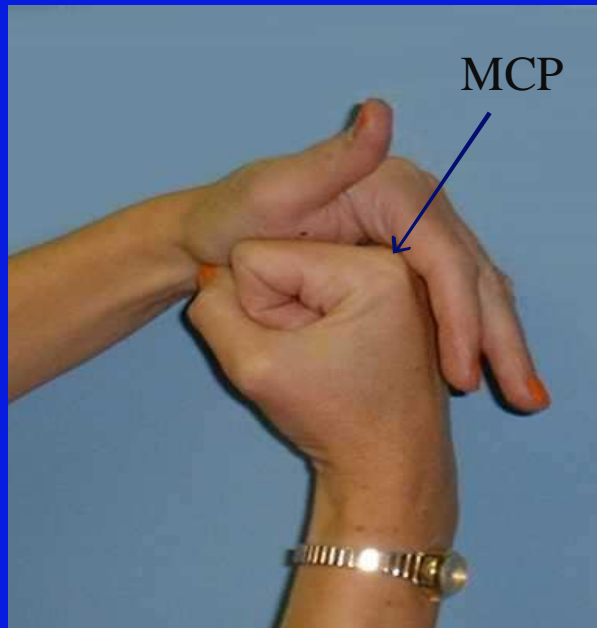
Occupational Therapy

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Occupational Therapy Goals for Persons with Systemic Sclerosis

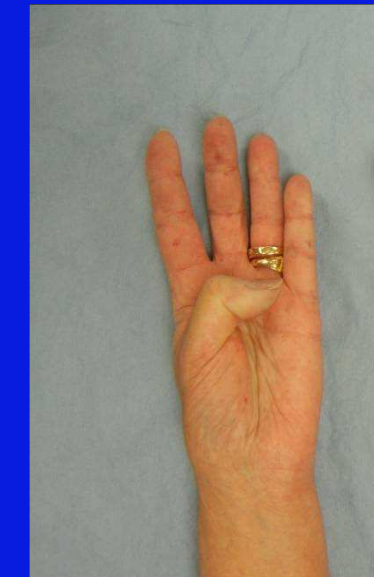
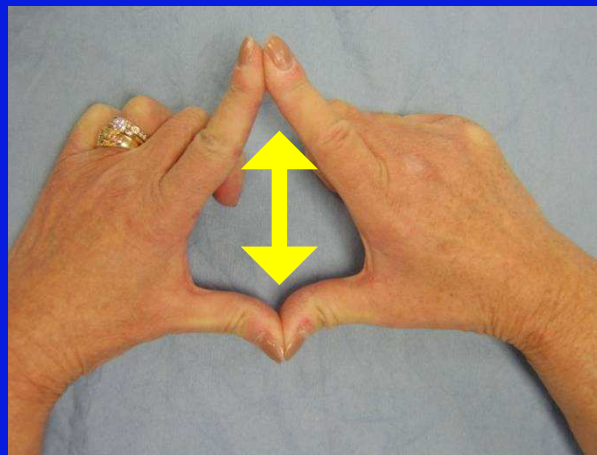
- Increase participation in daily tasks
 - Increase joint motion
 - Increase hand function
 - Increase independence in performing daily activities
 - Education regarding assistive devices, alternative techniques, energy conservation

MCP Flexion



PIP Extension

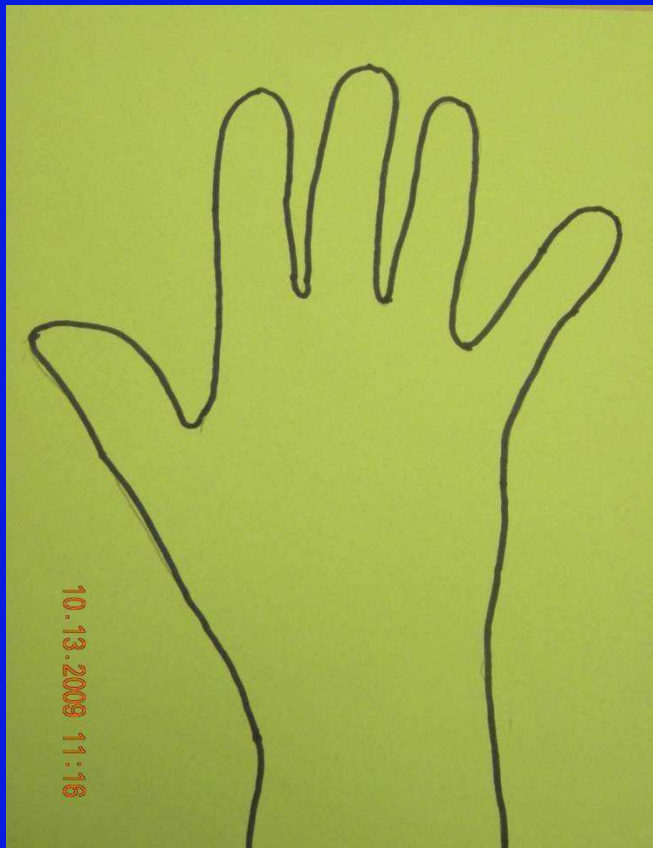
Thumb Abduction



Thumb flexion

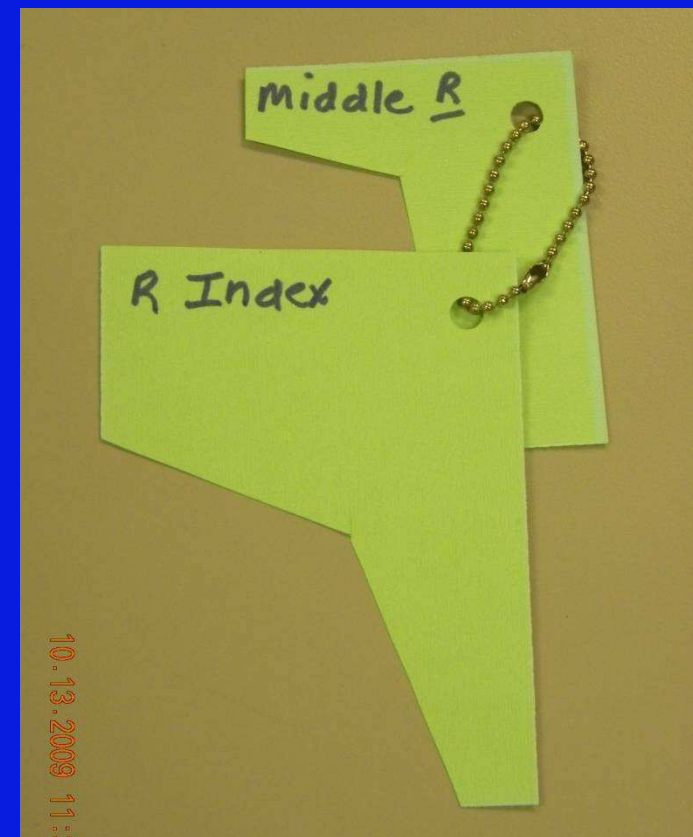
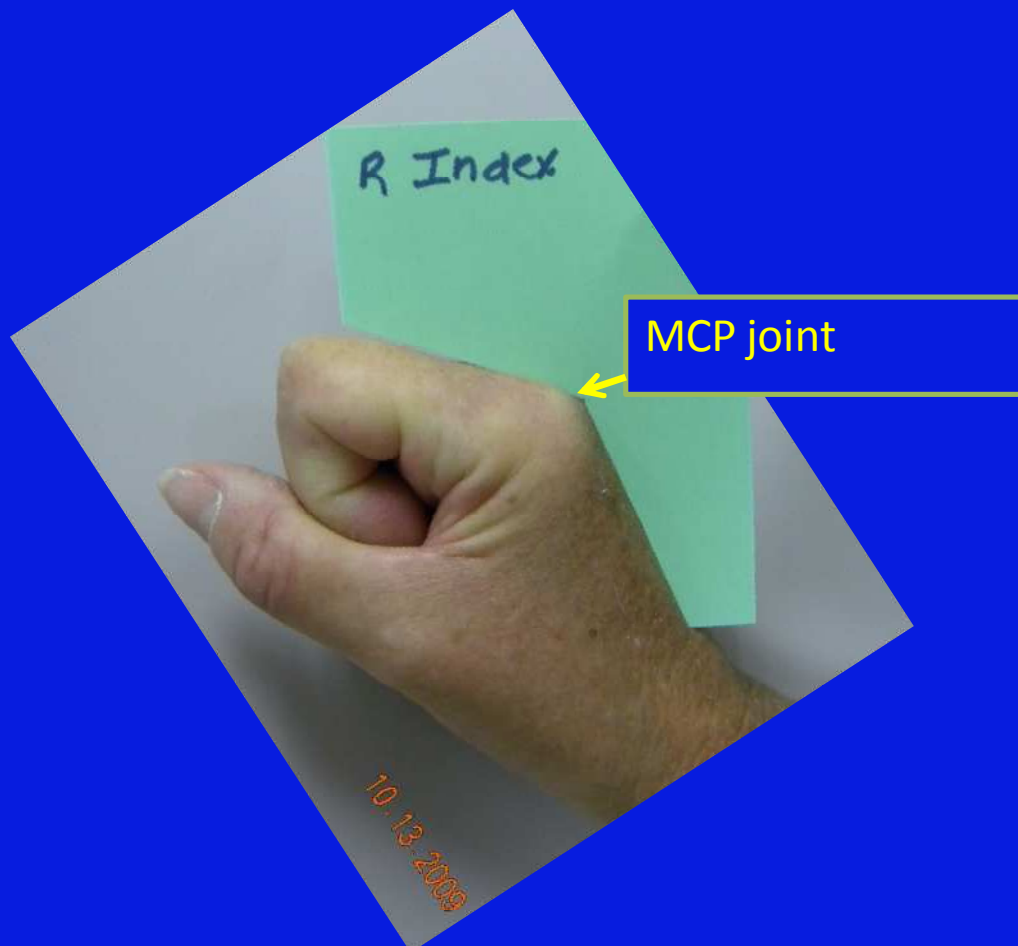
How to monitor the motion in key hand joints

Draw a hand outline to help monitor finger extension



How to monitor the motion in key hand joints

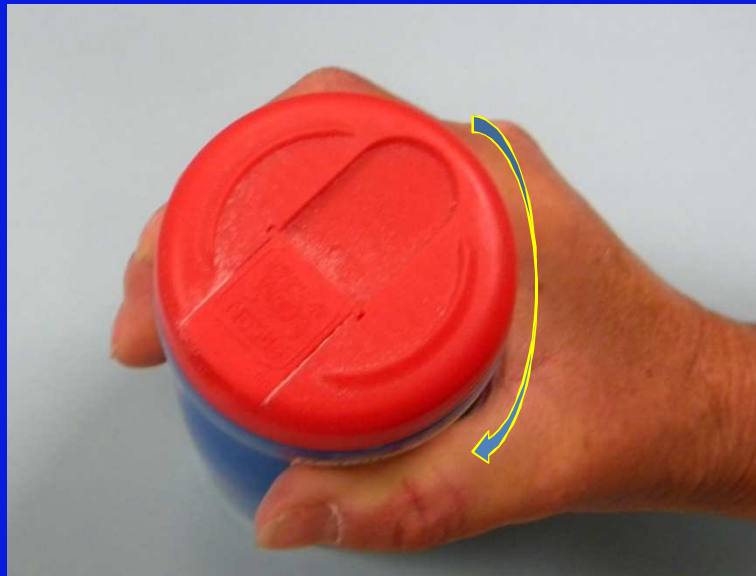
Templates to monitor MCP flexion



Thumb abduction



Find the largest size object that will fit in the web space with all sides of web space touching object



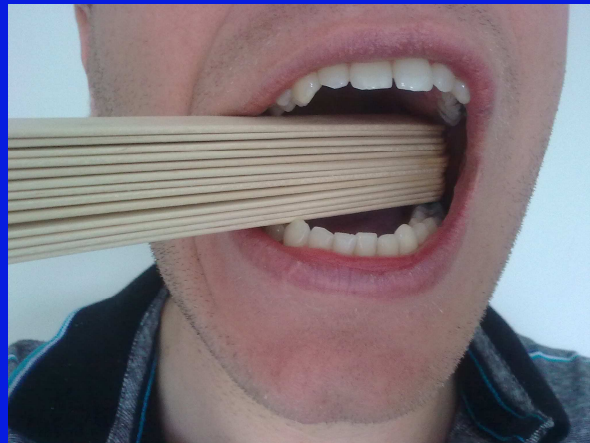
Oral Exercises

(Naylor. JADA 1982; 105:814-817)



← Manual stretching of mouth
with fingers

- Exaggerated facial movements
such as smiling, pursing lips



← Augmentation with
tongue depressors

ORAL HYGIENE

- Electric tooth brushes, water jets, curved bristle brushes, children's toothbrushes
- Toothbrushes for decreased hand dexterity



Electric toothbrush



Electric flosser

Assistive/Adapted Devices



- Manipulation
 - large handles

Dressing devices



Zipper pulls
& rings

Long shoe horn



Button hooks

Sock aid



Reacher



Key holders



Good grips and Oxo



Open It Medication Bottle Opener
From easycomfort.com

Jar and Can Openers



3-in-1 opener



JarPop



Websites

(Google “assistive devices”)

- www.disabilityproducts.com
- Easycomforts.com
- www.sammonspreston
- www.maddak.com
- www.oxo.com

Energy Conservation

the four P's

- **Prioritize**
 - Make a list of priorities and the order by importance; delegate
- **Plan ahead**
- **Pace yourself and avoid fatigue; slow down**
 - Balance rest and activity: short frequent rests
- **Posture**
 - Sit when possible but alternate positions too
 - Use good posture
 - Use good body mechanics

Solutions used by working people with scleroderma

- Ask/accept help from co-workers
- Modify work hours – 4 day weeks or shorter days (start later)
- Work from home
- Keep **WARM**
- Switch tasks and take breaks to cut fatigue or stress
- At home – renegotiate tasks at home, sleep on weekends, prepare for workweek

Ideas for the computer

- Voice activated



www.coldhands.me

- Keyboarding aids



Warm-Mouse-Heated-Keyboard.com

ValueRays® USB Infrared Heat

MOUSE HANDS WARMER (MSHW-USB)

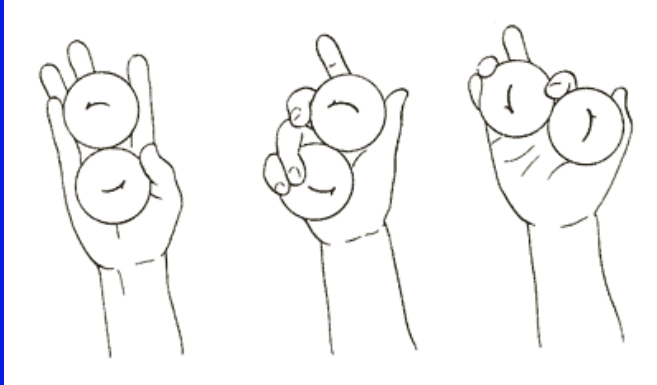
- ✓ Cash Friendly
- ✓ Uses No Electricity
- ✓ No Controls or Settings
- ✓ Made in USA
- ✓ Free Shipping
- ✓ No Sales Tax

VALUERAYS® USB WARM COMPUTER KEYBOARD PAD

- ✓ Carbon fiber heating element
- ✓ Requires no drivers or software
- ✓ Easy plug & play installation
- ✓ Free Shipping
- ✓ No Sales Tax

The complex block contains several images: a hand using the mouse warmer, a mouse, a keyboard pad, and a person typing on a keyboard.

Dexterity / coordination exercises



Chinese health balls or qi gong balls (come in smaller sizes)



Touch thumb to each finger quickly



Lift and lower fingers one at a time quickly

Jumping rubber band magic trick →

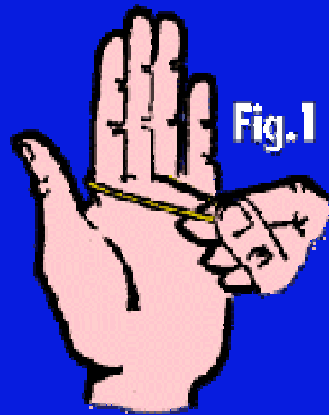
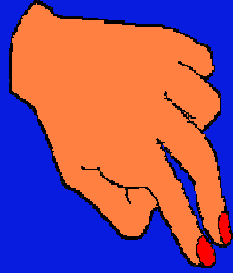
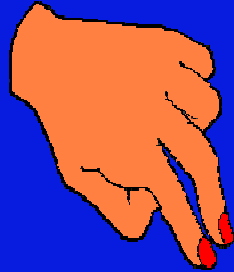


Fig. 2

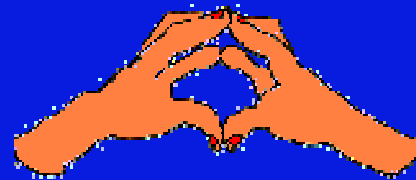
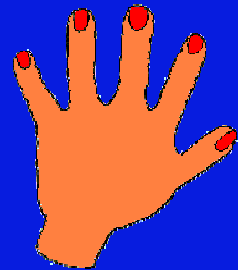


Fig. 3

Dexterity Exercises



http://www.nimblefingers.com/b_stret.htm



Questions

