
Learning Objectives

MedBridge

One Handed Strategies for Home Management Tasks

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Chapter 1: Laundry

- Demonstrate how to fold linens and clothing with a prosthesis, residual limb, and one hand
- Identify strategies for safely ironing linens and clothing with a prosthesis, residual limb, and one hand
- Explain how to hang linens and clothing using a prosthesis, residual limb, and one hand
- Determine effective approaches to sewing fabrics with a prosthesis, residual limb, and one hand

Chapter 2: Making the Bed

- Demonstrate how to put the sheets and pillowcases on a bed with a prosthesis, residual limb, and one hand

Chapter 3: Housekeeping

- Demonstrate how to effectively dust with a prosthesis, residual limb, and one hand
- Identify strategies for washing windows with a prosthesis, residual limb, and one hand
- Explain how to vacuum using a prosthesis, residual limb, and one hand
- Determine effective approaches to sweeping with a prosthesis, residual limb, and one hand

Chapter 4: Yard Maintenance

- Demonstrate how to garden with a prosthesis, residual limb, and one hand
- Identify strategies for mowing the lawn with a prosthesis, residual limb, and one hand
- Explain how to use a rake and shovel with a prosthesis, residual limb, and one hand

Chapter 5: Home Repairs

- Demonstrate strategies for using a hammer and screwdriver for basic home repairs with a prosthesis, residual limb, or one hand