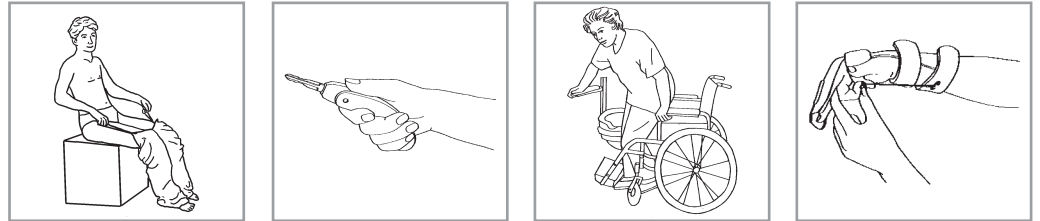


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- Personal Care - Occupational Therapy
- Managing at Home
- Home Care for the Stroke Patient
- Thera-Band Exercises
- Saunders Exercises Xpress - Basic Exercises
- Contracture Prevention
- Thera-Band Exercises 1
- Hand and Upper Extremity

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### Purchase Price

See price list for details

### Printout Languages

English, Finnish, Swedish, Norwegian, Danish, German, French, Spanish, Dutch, Italian, Portuguese, Polish, Slovenian, Estonian, Farsi, Czech, Greek, Afrikaans

NOTE: Not all languages are available with every module

### Technical Requirements

Windows 98, ME, 2000, XP and Server 2003 (32 bit versions), 64 MB RAM, 2 GB disk space, Windows Media Player 9 (for video)

Network licence available

### Contact Information

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# Occupational Therapy Professional Collection

## **Personal Care - Occupational Therapy** by Siobhan Grimshaw (PX30)

Step by step instructions on washing, drying, dressing and toileting techniques plus the use of equipment. Designed to promote independence in personal care in acute, community and rehabilitation settings. (207 items)

## **Managing at Home** (PT16)

Independent and assisted sections including transfers, positioning, dressing, personal care, advice, equipment and exercises. (133 items)

## **Hand and Upper Extremity** by Lee Ann Higginbotham (PX26)

AROM, PROM and strengthening exercises for hand and upper extremities. Patient education including carpal tunnel syndrome, sensation, scar massage, splint instructions, arthritis, tennis elbow and joint protection. (174 items)

## **Contracture Prevention** by Leif Birath (PX25)

Assisted movements (exercises) to maintain and gain mobility for upper and lower extremities. (67 items)

## **Home Care for the Stroke Patient** by Margaret Johnstone (CL1)

Information and advice on positioning, stabilising, transfers and treatment including pressure splints and equipment. (133 items)

## **General Exercises** (PT1)

A solid base for all users. Mobilising, stabilising, strengthening, stretching, cardiovascular and balance exercises for the whole body plus advice notes on sitting, walking and resting positions. (713 items) *includes video clips*

## **General Exercises - Photo Edition** (PE1)

A solid base for all users. Mobilising, stabilising, strengthening, stretching, cardiovascular and balance exercises for the whole body plus advice notes on sitting, walking and resting positions. (713 items) *photographs and video clips*

## **Saunders Exercises Xpress - Basic Exercises** by H. Duane Saunders (XP1)

H. Duane Saunders personal selection of exercises includes mobilising, stabilising, strengthening and stretching exercises for the whole body. (947 items)

## **Thera-Band® System of Progressive Resistance™** by The Hygenic Corporation (PX3)

Strengthening exercises for the whole body using Thera-Band®. (78 items)

## **Thera-Band® Exercises 1** (PR1)

Thera-Band® products are used as tools for rehabilitating and restoring muscle and joint functions and for improving conditioning balance and building strength. (255 items)