

SUNY Cortland

Therapeutic Recreation
Adapted Equipment
Ideas

Volume VI



Adapted Equipment Inventors/Therapeutic Recreation Students:

Kaylyn Alexander
Siao-Cin Chen
Jessica Coulombe
Ashley del Campo
Jennifer Duardo
Lyndzey Elliott

Lucia Ferreiro
Joanna French
Allison Herskovitz
Amanda Jackson
Deirdre Ryan
Talia Taylor

Edited by
Dr. Lynn Anderson, CTRS

Table of Contents

| Equipment | Inventor | Page |
|---|--------------------|------|
| Adapted Fishing Pole Holder | Joanna French | 4 |
| Bird-Ease | Jennifer Duardo | 6 |
| E-Cap | Allison Herskovitz | 8 |
| I'll Handle This – Pool Noodle Support and Handle Grips | Deirdre Ryan | 10 |
| Knitting Grip and Loom | Talia Taylor | 12 |
| Light Trekker | Kaylyn Alexander | 14 |
| Magnetic Bananagrams | Jessica Coulombe | 16 |
| Playing Card Holder | Lyndzey Elliott | 19 |
| Straw Helper | Siao-Cin Chen | 21 |
| Virtual Communication Cards | Amanda Jackson | 23 |
| Woolly Knees | Ashley del Campo | 26 |
| Zipper Aid | Lucia Ferreiro | 28 |

This book was developed by the
therapeutic recreation graduate students
in SUNY Cortland's
REC 533: Therapeutic Recreation Process II
online course in Spring 2021



Adapted Fishing Pole Holder

| | |
|-----------------------|--|
| Title of Invention: | Fishing Pole Holder for a Wheelchair |
| Activity: | This adapted equipment is designed for fishing by the side of a body of water such as a lake, pond, or stream. |
| Adaptation Intent: | The intent of the adapted fishing pole holder is to assist an individual who uses a wheelchair and has limited arm and grip strength. This will enable the individual to enjoy the activity of outdoor fishing without having to hold the fishing pole for an extended period of time. Once the line is cast, the user simply inserts the fishing pole into the holder. |
| Materials: | <ul style="list-style-type: none"> • 12" piece PVC pipe (2" diameter) • 2 ea. 2" pipe hangers • 4 zip ties • Ruler • Hacksaw or Dremel • Socket wrench • Pliers (optional) |
| Construction: | <ul style="list-style-type: none"> • Measure a 12" section of PVC pipe and cut with a saw • Use a Dremel or saw to cut two, 1" channels in the PVC pipe for mounting of the hangers • Mount the hangers by attaching the bottom portion of the hanger on the PVC pipe followed by the top portion • Use the nut and bolt that comes with the hangers to secure the hangers to the PVC pipe • Use 2 zip ties on each clamp to attach holder to arm of wheelchair |
| Notes: | All materials can be purchased for under \$10 at a hardware store. Zip ties should be left open until the pole holder is secured to wheelchair. The placement of pole holder will vary dependent upon model of wheelchair. Pole holder can be attached to left or right side of wheelchair as necessary. |
| Drawing of Invention: | |

Photo of Invention:



Youtube link to video of invention in use:

<https://www.youtube.com/watch?v=ifq9hMd9em8&feature=youtu.be>

Invented by:

Joanna French, Therapeutic Recreation Student

Bird-Ease

| | |
|---------------------|--|
| Title of Invention: | Bird-Ease (“Birdies”) |
| Activity: | Birdwatching |
| Adaptation Intent: | <p>This equipment is intended for anyone in a wheelchair who has muscle weakness and cannot hold binoculars for long periods of time. It is a multifunctional piece of equipment with the following features:</p> <ul style="list-style-type: none"> a) holds binoculars in place for hands-free birdwatching b) extendable smartphone holder for photos or birdwatching apps c) a hard surface on which one can take notes, etc. |
| Materials: | <ul style="list-style-type: none"> • Rectangular surface that is durable (wood, etc) at a length that will reach the outer edges of the wheelchair arms. Length and width depends on participant. • 2 velcro straps • Monopod or pole • 2 pieces of foam • Fluid head • Switch plate or other hard surface with center hole and side holes • 2 cable zip ties to hold binoculars in place • Lock nut • Selfie stick/tripod combo |
| Construction: | <ul style="list-style-type: none"> • Drill a hole in the center of the wood to hold the monopod • Drill a hole a few inches to the left or right (depending on if the person is left or right handed) of the center hole (for the selfie stick) • Drill a hole on each side of the wood large enough for a velcro strap to slide through • Attach the fluid head to the monopod • Attach the switch plate to the top of the fluid head with a lock nut • Thread a cable zip tie through each of the holes on the sides of the switch plate and wrap around each binocular barrel to secure in place • Insert the monopod in the center hole and secure in place with foam • Insert the selfie stick in the other hole and secure in place with foam • After equipment is constructed and person is seated in wheelchair, secure equipment in place with velcro straps |
| Notes: | <p>The hole for the mini tripod/selfie stick is located on the left side because the participant in this situation is left handed, however the board can be rotated 180 degrees and used the same way, depending on whether the participant is left handed or right handed.</p> |

Drawing of Invention:

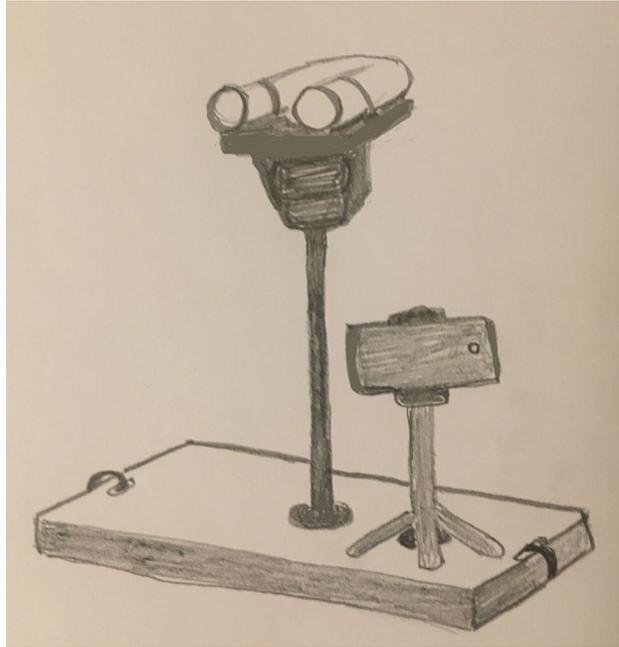


Photo of Invention:



Youtube link to video of invention in use:

<https://youtu.be/sj11UKtZAdY>

Invented by:

Jennifer Duardo, Therapeutic Recreation Student

E-Cap

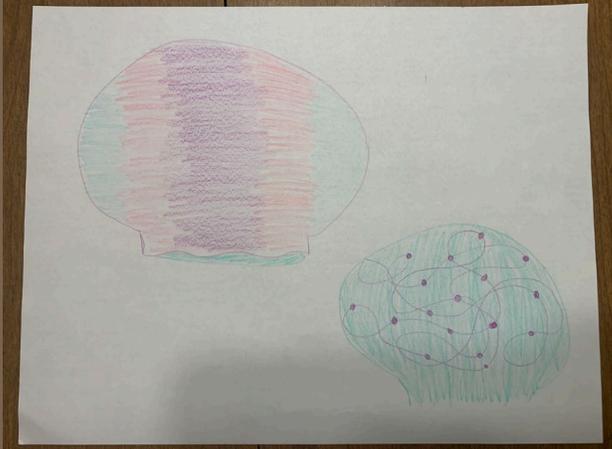
| | |
|-----------------------|---|
| Title of Invention: | E-Cap |
| Activity: | This is intended as a device to be used while swimming. |
| Adaptation Intent: | This cap can be used for children or adults who experience hyperactivity or support for individuals who have sensory overload issues. It can serve two purposes. First, it is designed to assess the stress and anxiety level of the individual wearing it. Second, it is designed to play music or sounds to support a calming effect. |
| Materials: | <ul style="list-style-type: none"> - Conductive textiles/ e-textiles (capable of detecting stress signals) - Waterproof and flexible textile cap (for any sized head) - A sound and music source, such as an iPhone |
| Construction: | The cap is constructed of two separate textile layers. The inner layer is an e-textile designed to assess sensory signals of stress or anxiety. The outer layer is a flexible, waterproof, silicone textile, similar to most swim caps. Access to an iPhone for prerecorded sounds and music. |
| Notes: | This would be an adaptation using the newest textile technology. This device requires the use of a textile, fully capable of electrical transmissions, both for sensing the anxiety and stress level of the wearer and triggering preset sounds and music for a calming effect. This approach has been conceived for airplane seats for individuals with fear of flying and the textiles are now being used. E-textiles are fabrics that can be embedded with sensors and signaling actuators. These textiles can be used in situations where biofeedback can enhance mood and athletic performance. Smart textiles are evolving rapidly and are now flexible and wearable and can react to many different environmental stimuli, including the biological. |
| Drawing of Invention: |  |

Photo of Invention:



Youtube link to video of invention in use:

https://youtu.be/abAJ9s_kCrg

Invented by:

Allison Herskovitz, Therapeutic Recreation Student

I'll Handle This – Pool Noodle Support and Hand Grips

| | |
|---------------------|--|
| Title of Invention: | I'll Handle This ~ Pool Noodle Support & Hand Grips |
| Activity: | Water-based: exercises, floatation, or other activity that incorporate use of pool noodle, including but not limited to those performed during Aquasize classes. |
| Adaptation Intent: | <p>The intent of this adaptation is for the added noodle support and hand grips to allow individuals to utilize pool noodles when they would have not been able to otherwise secondary to available hand/wrist strength and/or range of motion.</p> <p>Given the interest, skills and abilities of the participant to do pool activity with a pool noodle, and in consideration of the demands of that activity and environment, a gap was bridged; an equipment adaptation to the pool noodle was made in order to enable usage resulting in participant engagement in this activity of their choosing.</p> |
| Materials: | <ul style="list-style-type: none"> ● 52" long pool noodle with hollow/open center ● 38 beads of 1.5 inch length, with hollow/open center ● Thick roping to pass through diameter of beads ● 2 pool handles ● 2 gaskets to fit in handles ● "EaZy Hold Universal Cuff Grip Assist" (or similar) ● Sharp scissors |
| Construction: | <ol style="list-style-type: none"> 1. Cut 60" length of roping. 2. Thread roping approximately 10" through the narrow center of one handle. Place a gasket through the 10" side of the roping. Tie 2 tight knots on the 10" side of the roping, securing in place. 3. Thread the beads onto the long side of the roping. 4. Tie 2 temporary knots in the roping after 38 beads. 5. Advance the non-handled side of the beaded rope through the center of the pool noodle, until there are 4 exposed beads on the non-handled side (and no exposed beads on the handled side). 6. Undo the temporary knots and thread the roping through the narrow center of the second handle. Place a gasket on the rope that was just threaded through. Remove most excess slack on the rope and then tie 2 knots onto the rope, securing in place. 7. Leave approximately 1" of rope exposed outside of each handle: trim off excess roping with sharp scissors. 8. Place the universal cuff grips onto each handle 9. Bring to the pool and enjoy! |

Notes:

- The internal plastic beading lends to increased control over the noodle movement in the pool because the beads transverse through the entire noodle, terminating at the handles.
- The mobility of the hand grips in the water is beneficial for participant’s holding in the angle which meets their needs.
- Additional beads to increase length may be required based on the height of the participant. [Current measurements are for an individual up to approximately 5 feet, 8 inches in height].
- Names can be written on waterproof tape with waterproof ink and labeled on a handle.
- It may be possible for a pool facility to store the pool noodle for the participant in order to facilitate ease of transport/access.

Drawing of Invention:

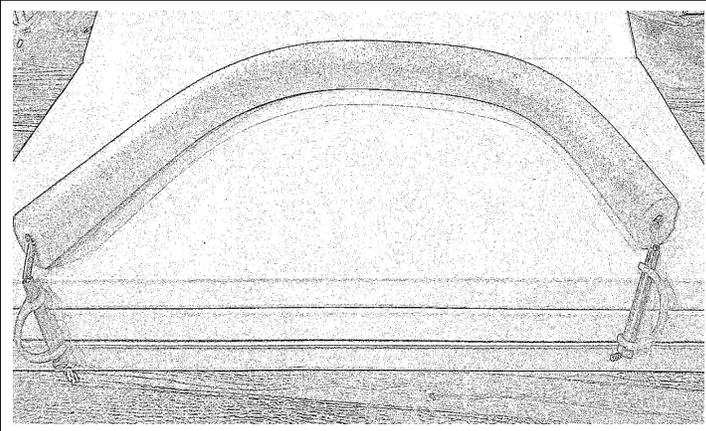


Photo of Invention:



Youtube link to video of invention in use:

<https://youtu.be/3piOWBy-sos>

Invented by:

Deirdre Ryan, Therapeutic Recreation Student

Knitting Grip and Loom

| | | | | | | | | | | | | | |
|---------------------|--|--------------------|---------------------------------|------------|------------|--------|-------|---------------|--------------------|------|---------------|-------|-------------|
| Title of Invention: | The Knitting Grip & Loom | | | | | | | | | | | | |
| Activity: | Knitting | | | | | | | | | | | | |
| Adaptation Intent: | The Knitting Grip & Loom were developed to assist participants when creating knitting/crochet crafts. The hook holder was adapted to assist with grip stability as well as a way to reduce wrist movement. The loom was developed to assist with holding the yarn to minimize hand and wrist overuse while knitting/crocheting. | | | | | | | | | | | | |
| Materials: | <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">(1) baby aspirator</td> <td style="width: 50%;">(1) 12in. x 3.5in. x1 in. plank</td> </tr> <tr> <td>(44) nails</td> <td>sand paper</td> </tr> <tr> <td>pencil</td> <td>ruler</td> </tr> <tr> <td>acrylic paint</td> <td>knitting loom hook</td> </tr> <tr> <td>yarn</td> <td>paint brushes</td> </tr> <tr> <td>straw</td> <td>Scotch tape</td> </tr> </table> | (1) baby aspirator | (1) 12in. x 3.5in. x1 in. plank | (44) nails | sand paper | pencil | ruler | acrylic paint | knitting loom hook | yarn | paint brushes | straw | Scotch tape |
| (1) baby aspirator | (1) 12in. x 3.5in. x1 in. plank | | | | | | | | | | | | |
| (44) nails | sand paper | | | | | | | | | | | | |
| pencil | ruler | | | | | | | | | | | | |
| acrylic paint | knitting loom hook | | | | | | | | | | | | |
| yarn | paint brushes | | | | | | | | | | | | |
| straw | Scotch tape | | | | | | | | | | | | |
| Construction: | <ol style="list-style-type: none"> 1. Gather materials 2. Smooth the surface of the wood plank with the sand paper to prevent splinters 3. Paint the wood plank, set aside to dry 4. Paint the aspirator, set aside to dry 5. Add second coat of paint to both items if necessary, set aside to dry 6. Decorate if desired 7. Once dried, draw a horizontal line down the center of the board 8. Using your ruler, place 1/2 inch marking along the line 9. At each marking, hammer two nails horizontally 10. Feed yarn into the loom (see video) 11. Feed hook into holder 12. Begin craft | | | | | | | | | | | | |
| Notes: | <ul style="list-style-type: none"> • The looser the stitches, the easier it is to use • Lighter colored yarn is recommended for participants with low vision | | | | | | | | | | | | |

Drawing of Invention:



Photo of Invention:



Youtube link to video of invention in use:

https://youtu.be/AX81D_rsZWk

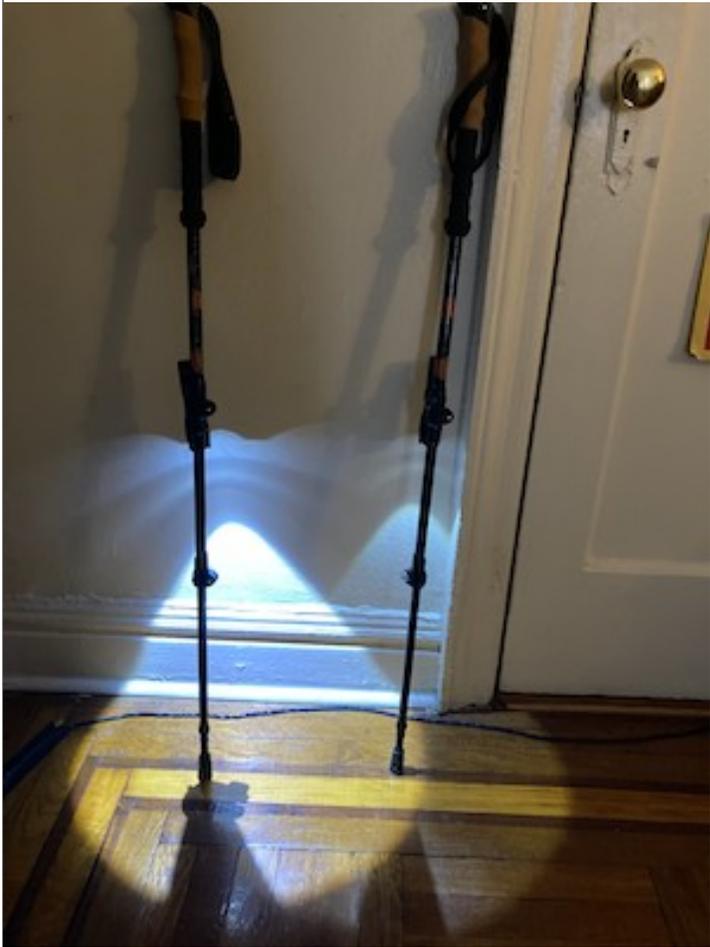
Invented by:

Talia K. Taylor, Therapeutic Recreation Student

Light Trekker

| | |
|-----------------------|---|
| Title of Invention: | The Light Trekker (Adapted Trekking Poles) |
| Activity: | Hiking. Trekking poles can improve stability and balance, and strengthen the arm and trunk muscles. Sunrise/sunset hiking with poles requires hands-free light for safe navigation. In addition to a headlamp, trekking poles with attached flashlights can shine a downward light on the trail/path to expose a well-lit path and help individuals steer clear of debris. Hikers who get dizzy or lose balance easily can look down with their eyes, rather than head. |
| Adaptation Intent: | To facilitate hiking in dark and/or foggy conditions for individuals who have balance and/or mobility issues due to Parkinson's disease, vertigo, or side effects from medication. This tool helps individuals establish balance and offers a hands-free lighting source to avoid tripping. |
| Materials: | <ul style="list-style-type: none"> - Trekking Poles - 2x Flashlights - 2x Cane Clips OR Cardboard - Electric Tape - Scissors |
| Construction: | Attach a cane clip to each trekking pole at hand-level (alternatively, wedge a piece of folded-up cardboard in between the flashlight and pole to keep it level). Wrap electric tape around the flashlight and poles in a crisscross pattern to reinforce the attachment. |
| Notes: | <p>I came up with the invention for an elderly neighbor who loves the outdoors and sunsets. She has a shuffling gait and vertigo. This adaptation also works on canes and walkers.</p> <p><i>Note: Some people with vertigo are sensitive to light; this adaption is to be considered on an individual basis.</i></p> |
| Drawing of Invention: | <p>The drawing is a hand-drawn sketch on a piece of paper titled "THE LIGHT TREKKER". It shows two trekking poles standing upright. Each pole has a flashlight attached to its handle. The attachment is made using a cane clip or a piece of folded cardboard, which is secured with electrical tape. The sketch is annotated with several labels: "FLASHLIGHT" points to the light on both poles; "CANE CLIP" and "ELECTRICAL TAPE" label the attachment mechanism on the left pole; "FOLDED CARDBOARD" and "ELECTRICAL TAPE" label the attachment mechanism on the right pole; and "TREKKING POLES" points to the upper part of the poles. The drawing illustrates the practical application of the invention.</p> |

Photo of Invention:



Youtube link to video of intervention use:

<https://youtu.be/J9yGHUsS9vY>

Invented by:

Kaylyn Alexander, Therapeutic Recreation Student

Magnetic Bananagrams

| | |
|---------------------|---|
| Title of Invention: | Magnetic Bananagrams |
| Activity: | Bananagrams is “the anagram game that will drive you BANANAS!” Each player begins with 21 tiles to build their own board and create intersecting words. When you have played all 21 tiles, you call “PEEL” and draw 1 tile from the “PILE”. All other player’s “PEEL” anytime it is called. If you have tiles in your hand you cannot play, you can “DUMP” 1 tile and pick up 3 from the “PILE”. The first player to run out of tiles when the “PILE” is gone calls “BANANAS” and is the winner. |
| Adaptation Intent: | This adaptation is beneficial for those that do not have a strong grasping ability, individuals with visual-spatial impairments, and individuals that require more support for upper body reaching and mobility. |
| Materials: | <ul style="list-style-type: none"> • 1 Bananagrams game • 2 13x9 baking sheets • 2 magnet wands • 1 package (10 ft.) of 1” adhesive magnetic tape • Paint pens • Painter’s tape • Clear coat spray paint • X-acto knife or box cutter • Small plastic paint scraper or plastic cuticle pusher • Large piece of cardboard (for cutting and painting) • Large plastic container for “pile” (optional) |
| Construction: | Attach magnetic tape to each of the 144 Bananagrams letter tiles. Use box cutter to cut excess tape off edges of tiles. Set aside. Lay 15 tiles across each baking sheet. Use these tiles as a guide to where to put the painters tape; the tape should be in the same columns as the tiles were, with about 1/8 inch between each piece of tape. Use a colored paint pen to fill in the spaces (red/green). Let dry. Remove the column tape, and then tape 10 rows in the opposite direction. Paint the rows in a contrasting color (black). Let dry. Use a small scraper to touch-up paint lines. Assemble game and play! |
| Notes: | <p>In this prototype the paint did not adhere to the baking sheets as expected. The paint will scrape off when sliding tiles with pressure. It is suggested in the future to prime the surface with steel wool or sandpaper. The grid could also be made with 2 pieces of computer paper, markers, and a glue stick- the magnets will still connect with this method.</p> <p>The back of the baking sheet can also be used as a “free play” board in which the player created their own grid of words.</p> |

Drawing of Invention:

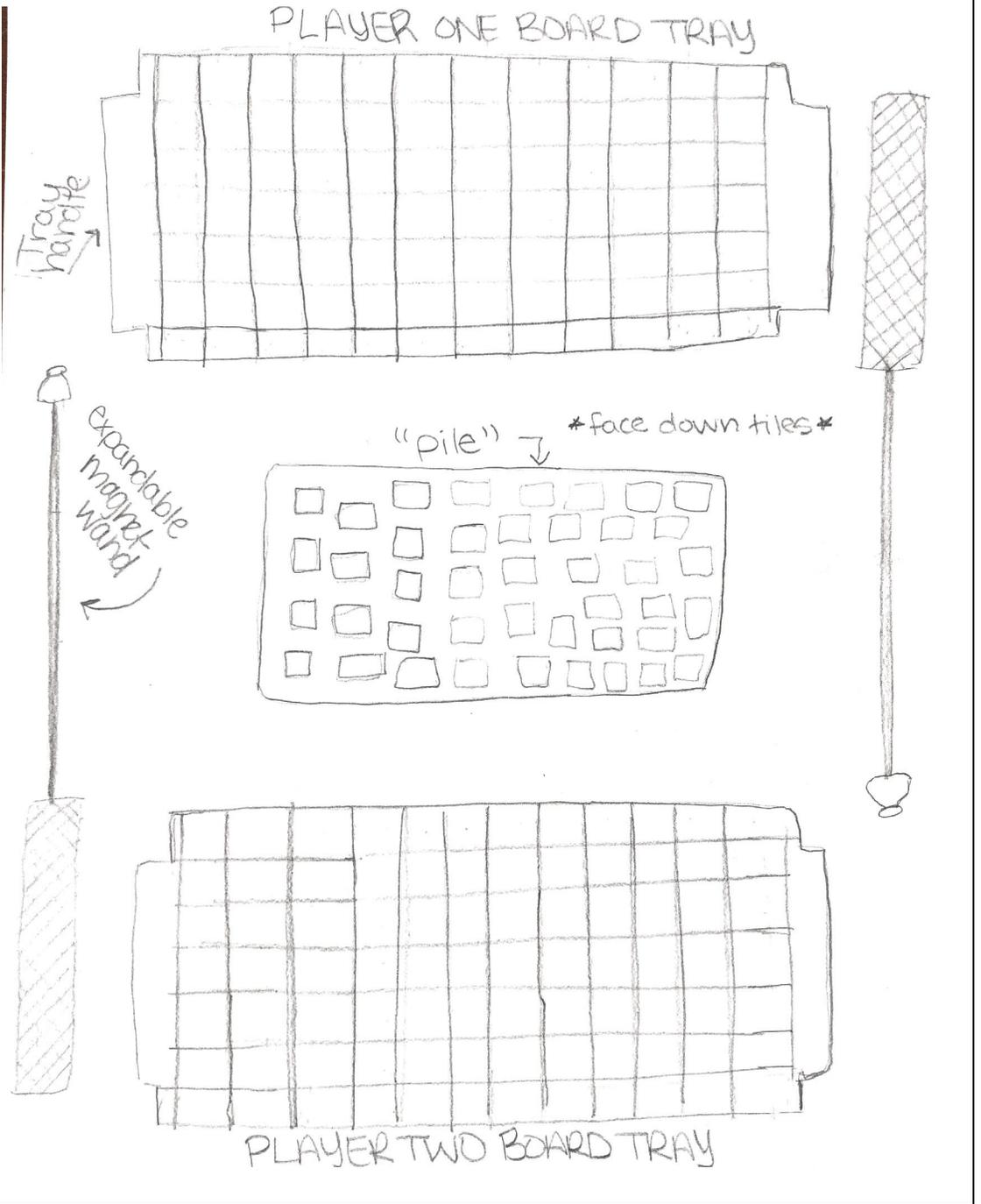


Photo of Invention:



Youtube link to video of invention in use:

<https://youtu.be/vSSd3L-tyig>

Invented by:

Jessica Coulombe, SUNY Cortland Therapeutic Recreation Student

Playing Card Holder

| | |
|---------------------|--|
| Title of Invention: | Playing Card Holder |
| Activity: | This is a piece of adaptive equipment designed to assist participants while playing cards. |
| Adaptation Intent: | The intent of this piece of adaptive equipment is to provide fine motor support and relief for participants who want to play cards but may experience wrist or hand pain/strain, or those who have limited mobility with their hands. Regular sized playing cards may be difficult for participants to hold, and this device can assist participants with keeping their playing cards organized during a game while limiting their pain levels. It is important to note that this device can hold low-vision playing cards for participants with visual impairments. |
| Materials: | <ul style="list-style-type: none"> • CD disks • Super glue • Cards • Ruler (optional) • Large binder clip (optional) |
| Construction: | <ol style="list-style-type: none"> 1. Outline the inner hole of the CD with a ring of super glue. If your CD has a label side or prints on one side, glue the non-shiny sides together to allow participants to decorate their own card holder as an art activity. 2. Now lay one disk on top of the other and press the two CD's together to allow the glue to stick. You'll want the top disk to be just a tad bit lower than the bottom disk we outlined with glue. (You can use a ruler and measure about 1/8th inch down if you think this will help gauge the space). Creating this offset with the disks is key because that's how the cards will be able to slide into the holder. Allow the super glue to dry for about 2-3 minutes before touching the discs again. 3. Place your cards in the holder so that you can see all of them clearly and start your game! 4. If the participant experiences muscle fatigue and extreme muscle weakness, add the large binder clip to the glued CDs so the card holder can rest on a table. |
| Notes: | <ul style="list-style-type: none"> • This playing card holder can support jumbo cards as well for participants with visual impairments • Participants can challenge their mobility skills by hold the binder clip by its clasps or the large black piece. • Participants can decorate the part of the cardboard holder that is made out of CD's with markers, duct tape, or stickers for a fun group art activity. |

Drawing of Invention:

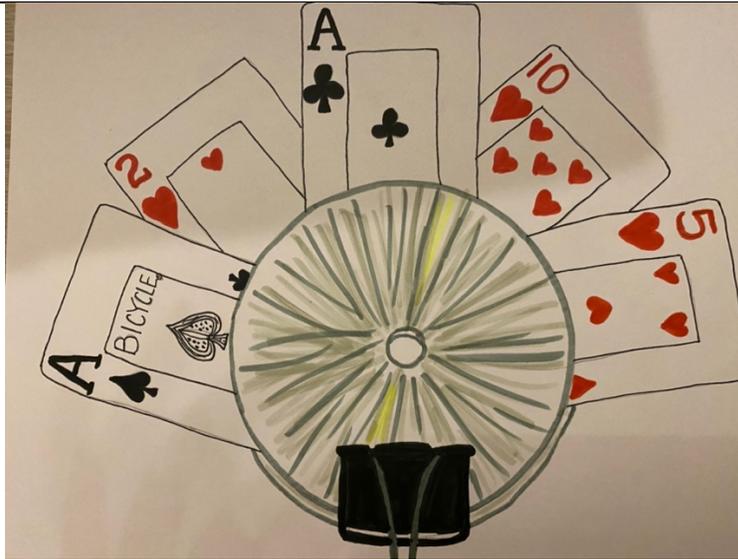


Photo of Invention:



YouTube link to video of invention in use:

<https://youtu.be/JsgTuXrP7WQ>

Invented by:

Lyndzey Elliott, SUNY Cortland TR Graduate Student

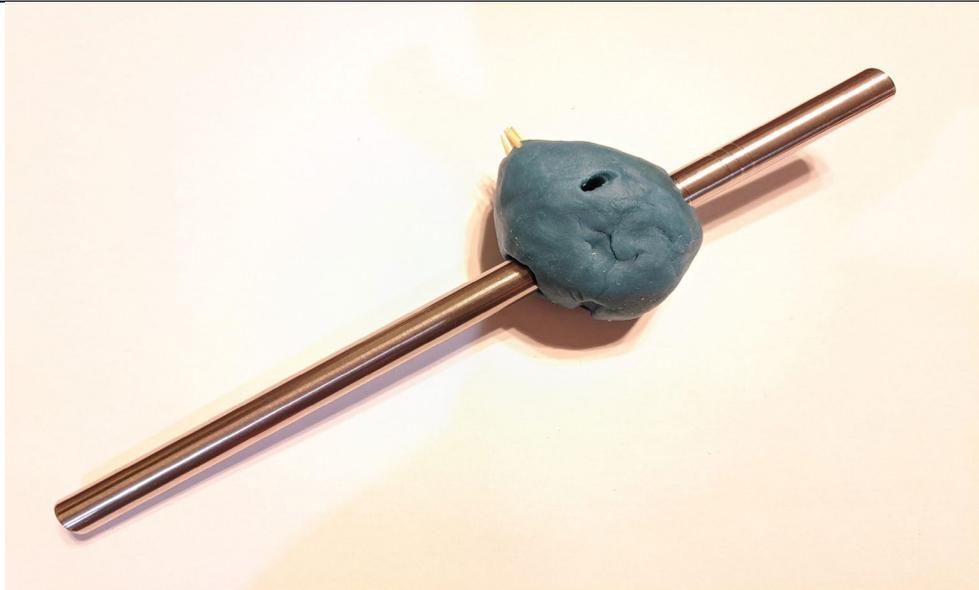
Straw Helper

| | |
|---------------------|---|
| Title of Invention: | Straw Helper |
| Activity: | Cultural exchange and drinks: Food is the best engine for us to start the day. Besides multi-sensory stimulation, good or novel foods also help expand our friendships and increase multicultural understanding. |
| Adaptation Intent: | <p>Ensure the process of enjoying the drink is easy, convenient, and enjoyable.</p> <p>The purpose of this straw helper assist the people who want to drink handmade drinks, but the straw is flat on the bottom and the seal of the beverage cannot open easily. This small device assists the user in simple operations of fine movements (it can also become a straw holder after use) and enjoyment of a favorite beverage in a short time without help.</p> |
| Materials: | <p>Clay * 1 Straw * 1 Bamboo stick * 6 Scissors * 1 Your hands</p> |
| Construction: | <ol style="list-style-type: none"> 1. Cut the front of pieces bamboo stick about 0.8 to 1.0 inches in length. 2. Knead the clay into a round shape with hands. 3. Arrange the bamboo stick into the shape of ">" (the position of the bird's beak). 4. Combine the clay with the straw, and the clay molded to a bird's head. 5. Use the end of the bamboo stick to outline the eyes (The end of the bird's head press out the groove as a straw fixation). 6. Wait for the clay to dry completely and use it happily. |
| Notes: | <ul style="list-style-type: none"> • Pay attention to safety and provide assistance. • The amount of clay used can be adjusted according to the size of the user's palm. • Users recommended above 8+ years of age |

Drawing of Invention:



Photo of Invention:



Youtube link to video of invention in use:

<https://youtu.be/XfDjsblvJLY>

Invented by:

Siao-Cin Chen, Therapeutic Recreation Student

Virtual Communication Cards

| | |
|---------------------|--|
| Title of Invention: | Virtual Communication Cards |
| Activity: | <p>These communication cards can be used in many virtual activities such as recreational programs, the classroom environment, or therapeutic services. Some of the specific uses include:</p> <p>Reactions:</p> <p>Participants can use ‘reactions’ to content such as thumbs up, thumbs down, go faster, go slower, clapping/ excitement, or hearts/love.</p> <p>Polling:</p> <p>Participants can use a thumbs up/thumbs down, yes/no, or even a 1 or 2 to answer questions during programs. For more complex games, such as trivia, participants can have cards that feature A, B, C, D.</p> <p>Blank Cards:</p> <p>Blank cards can be laminated and used similar to a white board. Participants can write, draw, or answer specific questions with the blank card.</p> |
| Adaptation Intent: | <p>Each platform that can be used for virtual activities. Some of the features such as chat, reactions, or the raise hand feature may be hard to find and hard to utilize in a timely fashion. These communication cards allow participants to fully participate in each activity, despite the platform differences, and may even eliminate barriers such as:</p> <ol style="list-style-type: none"> 1. Broken Microphone 2. Speech/Communication Delays 3. Speech/Communication Anxiety 4. Sensory Overload |
| Materials: | <p>Option 1: Spatula/Stick, Velcro, Paper, Printables (or drawings), and items to decorate as warranted (crayons, markers, pencils)</p> <p>Option 2: Key ring, Paper, Printables (or drawings), and items to decorate as warranted (crayons, markers, pencils)</p> <p>*Both would work better if a laminator is available for durability; however, this is not necessary.</p> |
| Construction: | <p>To construct the device, please follow these steps:</p> <p><i>Choose between option 1 and 2. The first set of directions applies to both.</i></p> |

1. Print out or draw communication cards needed (reactions, polling, laminated draw in)
 2. Decorate communication cards (optional)
 3. Cut out
 4. Laminate (optional)
- For Option 1:*
5. Attach pieces of Velcro to both sides of the spatula/stick and the communication cards
 6. Practice placing cards on and off spatula
- For Option 2:*
5. Hole punch the top left corner of the cards
 6. Attach to key ring

Notes:

This idea was introduced because I work in a TR program that serves youth 8-18 with disabilities. We have participants with varying abilities and ages, so this activity can be tailored to fit almost all of them and meet different needs surrounding computer understanding/ usage, communication, and even behaviorally for some of my participants that are very 'chat' happy.

This is an activity that is highly customizable to the participant; and can even be included as the 'introduction' activity if the zoom class is a recurring event. To prepare, staff should identify which cards would be needed and the best way for the participant to utilize these cards. Cards can feature photo, text, and/or combination of both. For this exercise, I've included solely a photo.

This adaptive equipment idea would need a video/camera function during activities.

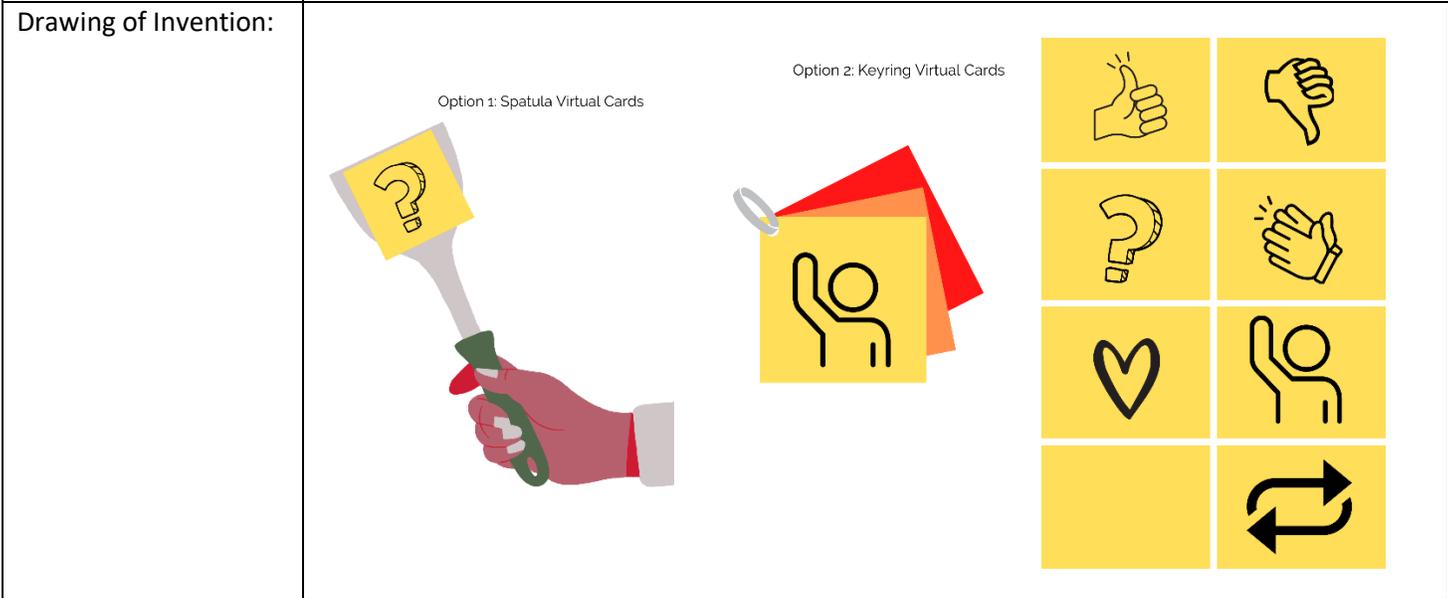


Photo of Invention:



Youtube link to video of invention in use:

<https://youtu.be/Adj7kkyKZel>

Invented by:

Amanda (AJ) Jackson, Therapeutic Recreation Graduate Student

Woolly Knees

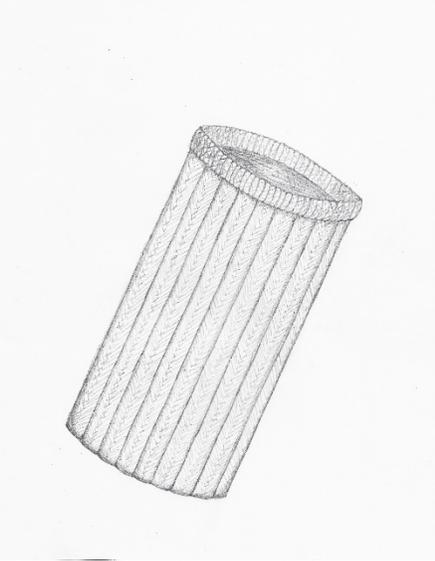
| | |
|-----------------------|--|
| Title of Invention: | Woolly Knees |
| Activity: | Winter or Cold Weather Walking |
| Adaptation Intent: | The intent of this adaptation is to encourage exercise and walking for individuals with arthritis in the cold weather months. As cold weather sets in, individuals with arthritis begin to experience increased amounts of joint stiffness. This often discourages individuals from being as active as normal, on top of cold weather months already perpetuating inactivity. These allow instantaneous relief from pain and stiffness as they amplify the warmth around the knee joint. |
| Materials: | <ul style="list-style-type: none"> • Wool Socks • Fabric Glue (Optional) • Handwarmers (Optional) • Needle, Thread, and/or sewing machine (Optional) |
| Construction: | <ol style="list-style-type: none"> 1. Find a pair of warm wool socks. 2. Cut the foot part of the sock off, so you are left with a tube of sock 3. If you choose.... this product is complete and can be used in this form. 4. You can either use fabric glue or a sewing machine to fold down the rough edges to form clean seams. This will add resiliency and a longer life to the product. |
| Notes: | The woolly knees have been tested and made a tremendous difference for the individual that has worn them and has continuously warm them since having them. They have made it possible for this individual to continue to be active all winter long. Additionally, if even more relief is needed, hand warmers can be placed inside them or through the addition of a pocket. Lastly, depending on the fit of the woolly knee, it may add additional support to the knee which can relief it of added stress. Just make sure the socks are not too tight and cutting off circulation. |
| Drawing of Invention: |  |

Photo of Invention:



Youtube link to video of invention in use:

<https://youtu.be/asrJvAPkZUk>

Invented by:

Ashley del Campo, Therapeutic Recreation Student

Zipper Aid

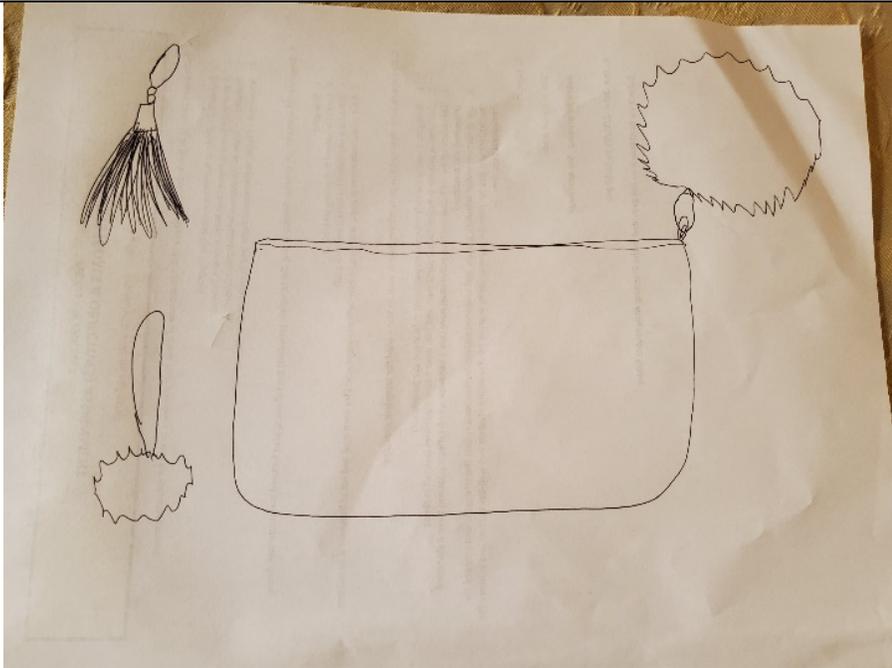
| | |
|-----------------------|--|
| Title of Invention: | Zipper Aid |
| Activity: | Using a zipped cosmetic bag or any zippered piece of recreation activity. |
| Adaptation Intent: | This adaptation allows it to be easier to open your cosmetics/makeup bag. |
| Materials: | Cosmetics bag, small mountain clip or a small spring clip or a key ring, pompoms, yarn, string, or any other accessories. |
| Construction: | <ol style="list-style-type: none">1. Find the makeup/cosmetics bag that you use.2. Find the accessories and the clips or key ring that you might need.3. Pick the accessory that you like the best and attach the key ring or clip to it, if it already does not have it.4. Attach the accessory to the zipper of the bag.5. Open and close the bag using the accessory. |
| Notes: | <p>This invention is designed for people who have difficulty with the dexterity in their hands and fingers (i.e., people who have rheumatoid arthritis).</p> <p>The person can choose whatever decoration they would like to allow the individual to express themselves.</p> |
| Drawing of Invention: |  |

Photo of Invention:



Youtube link to video of invention in use:

<https://youtu.be/jSsjGi91jhA>

Invented by:

Lucia Ferreiro, SUNY Cortland Therapeutic Recreation Graduate Student



SUNY Cortland

Therapeutic Recreation Online Graduate Programs

(M.S. and Graduate Certificate)

Recreation, Parks and Leisure Studies Department

PO Box 2000

Cortland, NY 13045

607-753-4941

