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Bettyanne MacCormac



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One-handed in a Two-handed World Tommye-Karen Mayer, 2013 Tommye Karen Mayer survived a stroke at the age of 23 and has been managing single handedly in a two handed world for three decades After a period of wondering whether she would ever again live independently she began developing a system for how to accomplish a wide range of everyday activities of daily living one handedly dressing eating cooking doing household chores traveling and much more One Handed in a Two Handed World is known as the bible for occupational therapists and other healthcare and rehabilitation professionals who work with patients who are temporarily or permanently one handed This is the only book of practical advice for managing activities of daily living one handedly It may be used by individuals who have experienced strokes or traumatic brain injury had shoulder surgery were born without an arm or hand need to rest an arm for repetitive strain injuries or have lost the use of an arm or hand as the result of injury It is a practical guide to a wide variety of useful devices and technology and provides step by step instructions on how to accomplish each task discussed Numerous figures show useful tools to make the tasks easier

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Rehabilitation of the Hand and Upper

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