

AOTA Consumer Guides

Practical resources for clients recovering from hip or knee surgery or for those receiving treatment for carpal tunnel syndrome. These guides provide supplementary treatment information during and after therapy sessions, with illustrations, checklists, and more, plus opportunities for the therapist to customize patient notes. Excellent tools for client and therapist!



After Your Hip Surgery: A Guide to Daily Activities

This consumer guide for clients recovering from hip surgery can be used during and after therapy. Gives step-by-step illustrations of the proper techniques for using a walker, climbing stairs, using the toilet, bathing, dressing, housekeeping, bed positioning, and getting in and out of a car; information on how to use assistive devices and their suppliers; and general safety tips and precautions about recovery.

English version:

ISBN-13: 978-1-56900-175-2, 33 pages, 2001

Order #1110B-CG

Spanish version:

ISBN-13: 978-1-56900-205-3, 32 pages, 2004

Order #1110S-CG

AOTA Members: \$6.50, Nonmembers: \$7.50

Units of 10: AOTA Members: \$60, Nonmembers: \$70



After Your Knee Surgery: A Guide to Daily Activities

This consumer guide for clients who are recovering from knee surgery can be used during and after therapy sessions. Step-by-step illustrations demonstrate the proper techniques for using a walker, climbing stairs, using the toilet, bathing, dressing, housekeeping, bed positioning, and getting in and out of a car. Includes information on how to use assistive devices and provides general safety tips and precautions for recovery.

English version:

ISBN-13: 978-1-56900-176-9, 32 pages, 2001

Order #1966B-CG

Spanish version:

ISBN-13: 978-1-56900-204-9, 32 pages, 2004

Order #1966S-CG

AOTA Members: \$6.50, Nonmembers: \$7.50

Units of 10: AOTA Members: \$60, Nonmembers: \$70



Carpal Tunnel Syndrome: A Guide to Daily Activities

This consumer guide for clients to use during and after therapy sessions describes the causes, symptoms, and diagnosis of CTS; ways to manage it; advice for doing daily work, household tasks, and leisure activities; exercises that may help prevent or reduce symptoms; and general safety tips.

English version:

ISBN-13: 978-1-56900-180-6, 33 pages, 2002

Order #1121-CG

Spanish version:

ISBN-13: 978-1-56900-206-3, 32 pages, 2004

Order #1121S-CG

AOTA Members: \$6.50, Nonmembers: \$7.50

Units of 10: AOTA Members: \$60, Nonmembers: \$70