Handle Modification

Building up handles is an easy way to help decrease vibration and facilitate a better grip. Using built-up handles on tools or other household items may benefit those who are post-stroke, have rheumatoid arthritis, are missing fingers, have decreased grip strength, or experience hand pain or numbness while gripping objects.

HERE ARE SOME INEXPENSIVE WAYS TO BUILD UP HANDLES:

- Wrap a **WASHCLOTH** around the handle and secure it with tape.

- Wrap **SELF-ADHESIVE ACE BANDAGE** around the handle until desired thickness is achieved. The Ace Bandage is reusable, can be purchased at pharmacies and other stores, and costs less than $7.00 per roll.

- Wrap **CRAFT FOAM** around the handle and secure it with tape. Craft foam is typically sold in 8”x11” sheets in a variety of colors. Craft foam can be purchased at craft stores for less than $1.00 per sheet.

- Wrap pieces of **RUBBER HOSE** around the handle and secure it with tape. An old rubber hose is an item that can be found around the house, purchased at a garage sale, or purchased new at a hardware store.

- Wrap **ELASTACK SPIRO-WRAP** around the handle. Elastack Spiro-Wrap is a reusable elastic band ¼” thick by 6” in length that provides cushioning and suction adherence to handles. It can be purchased from Sammons Preston Rolyan\(^1\) for $5.95.

- Wrap **ELASTACK TAPE** around the handle. Elastack Tape can be wrapped to form any size handle and is not reusable. It can be purchased in rolls that are (0.8” wide x 0.0045” thick x 2’ long) from Sammons Preston Rolyan\(^1\) for $4.95 per roll.

- Form a grip with **DYNA-FORM-IT**, a putty-like material that can be manipulated and formed into any shape. Dries in 24 hours. Available from Sammons Preston Rolyan\(^1\) for $13.95 per 4 oz. can.

A portion of the information shared from: Sammons Preston Rolyan P.O. Box 5071 Bolingbrook, IL 60440 (800-323-5547).