

**Equipment for testing**

Adjustable-height table

Chair with arms (for ambulatory subjects)

**Fabrication required: see below for instructions**

Wrist Wrap with 3-pocket middle section

1 wooden pencil holder block

1 wooden block with bracket

Small cake pan with Velcro and foam sheet on bottom

1 yardstick with Velcro

Round foam markers

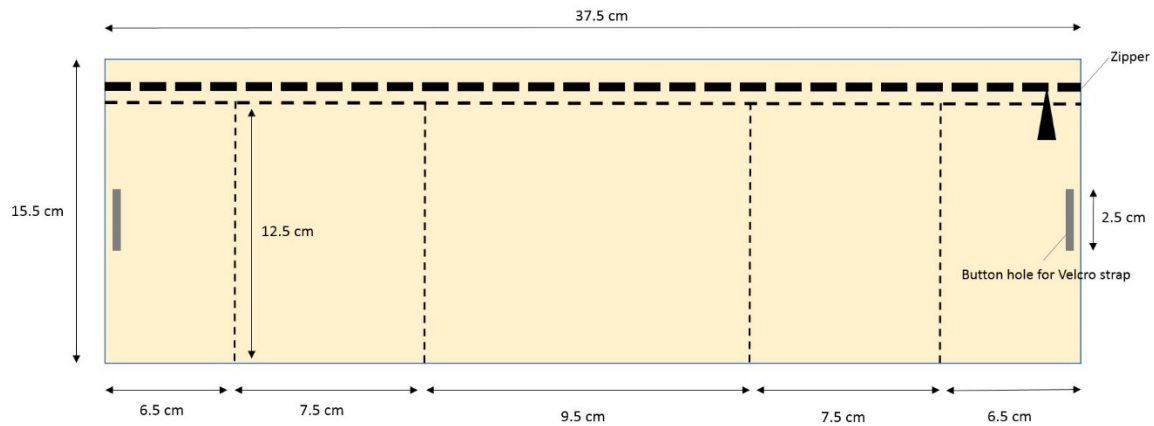
Velcro straps

1 laminated protractor (print on paper and laminate)

Number Cards: 1 practice, 2 phone, 2 calculator

Non-skid mat

## Wrist Wrap with 3-pocket middle section: Diagram and Instructions



### Materials:

Durable duck canvas fabric: 39.5 cm x 34 cm

Nylon/Cotton zipper: approx. 38 cm

Velcro straps: 2 pieces rough and soft Velcro each  $\frac{3}{4}$  inch (2.0 cm) x 12 inch (30 cm)

### Instructions:

#### **Wrap:**

Orient the fabric so that the 39.5 cm edges are horizontal and 34 cm edges are vertical.

Fold in 1 cm of vertical edges, press, and sew on right and left sides of fabric.

Align and sew one side of the zipper to the bottom edge of the fabric (1 cm in) so that the zipper is facing outwards. Stitch additional row parallel to and 0.5 cm from first row of stitching. Flip the canvas over and bring the horizontal edges together. Align and sew the other side of the zipper to the remaining horizontal edge of the fabric (1 cm in). Again, stitch an additional row parallel to and 0.5 cm from first row of stitching. Flip the fabric so the zipper is facing out.

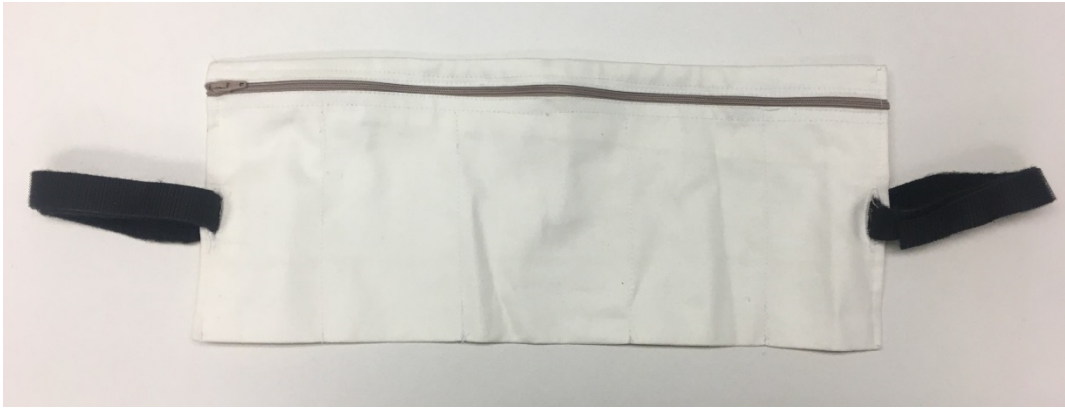
Press the canvas down flat with the zipper running along the top edge. Tuck ends of zipper in. Sew top and bottom pieces of canvas together at left and right edges (2 mm in).

Mark out 4 points along the horizontal edge of the fabric at 6.5 cm from the edge, 7.5 cm from the first point, 9.5 cm from the second point, and 7.5 cm from the third point. Sew a straight line from the bottom edge to just below the zipper. There should be 4 rows of stitches, running parallel to each other. This will create 5 pockets of space. The middle 3 pockets will be used to hold the weights.

Sew 2.5-cm long button holes on either side of the pouch (0.5 cm in from the edge of the pouch) at the midpoint of the vertical edges.

#### **Velcro Straps (uses 3/4-inch wide Velcro):**

Stick one rough and one soft piece of Velcro strips together making a  $\frac{3}{4}$ -inch x 12 inch (2.0 cm x 30 cm) strap. Do this with the other two pieces of Velcro. Pull Velcro straps through buttonholes with soft side facing inward.



## WOOD BLOCKS

### Pencil Holder Item:

Cut piece of 2x4 to be 12" long. Drill three holes in the wood with a 3/8" drill bit at a 30 degree angle, 10 cm apart. Each hole is 1/2" in diameter. Side hole are 2 1/2 inches from the edge of the wood. Front edge of holes 3.5 cm from edge of block. Be careful not to go through the entire thickness of the wood.

Weight: ~429 grams

Block: 1 foot length of 2 x 4

Length: 30.5 cm (12 inches)

Width: 9 cm (~3.75 inches)

Height: 4 cm (~1.75 inches)

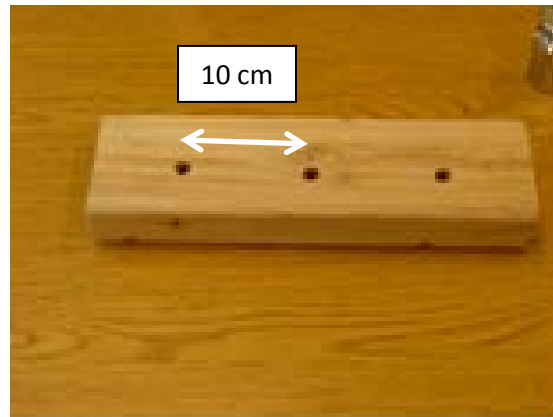
Holes:

Diameter: 1/2 in. (~1.5 cm)

10 cm between the 3 holes

Middle hole in center (6 in mark)

3.5 cm from front



### Wood Block and Bracket:

Cut piece of 2x4 to be 12" long. Drill two holes for the screws and screw metal bracket onto wood with the outside curve flush with the front of the wood block.

Weight: ~893 grams

Block: 1 foot length of 2 x 4

Length: 30.5 cm (12 inches)

Width: 9 cm (~3.75 inches)

Height: 4 cm (~1.75 inches)

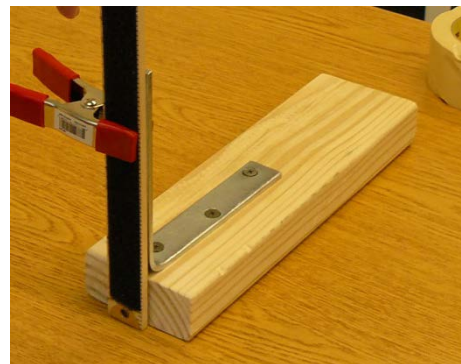
Bracket: 6" x 6"

Length before curve: 15 cm

Height after curve: 15 cm

Thickness: 2.7 cm

Edge of bracket flush with edge of 2 x 4



**Cake pan:**

Take a 1-1/2 long strip of soft Velcro and place it in the middle of a 6-1/2 inch strip of rough Velcro. Attach rough Velcro horizontally on outside of cake pan with soft Velcro facing pan and with enough space between Velcro and pan to insert a Velcro strap easily.

Take one self-adhesive foam sheet and trace a circle the size of bottom of cake pan. Cut out circle and stick to bottom of cake pan.

**Yardstick:**

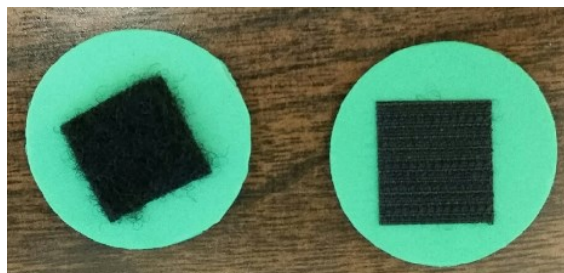
Cut yardstick into two 18-inch pieces. Sand cut edges.

Cut two 16-inch strips of 1/2-inch wide Velcro, one rough and one soft.

Place one strip of Velcro on each piece of yardstick starting at 1-inch mark on one and 19-inch mark on the other. Only place Velcro on one side of yardstick sections.

**Foam markers:**

Cut two pieces of foamie board in circles with 1 1/2" (4 cm) diameter. Adhere a 3/4-inch square piece of rough adhesive Velcro to the back of one piece and a soft adhesive Velcro to the other.



**Velcro Straps (uses 3/4-inch wide Velcro):**

Take 15" (38 cm) of soft and rough Velcro and attach them to each other. Make two of these straps. Put one through slot in Velcro on cake pan. Keep the other in reserve.

**Protractor:**

Print out zero-center protractor twice. Glue two pages together back to back and laminate.

**Number cards:**

Print number cards included in this document. Fold pages in half.

**Non-skid mat:**

Cut an 8" x 16" piece from the carpet runner.

CALCULATOR LEFT

281-495-7360

CALCULATOR RIGHT

846-310-5372

PHONE RIGHT

947-361-0528



PHONE LEFT

735-910-8246

Practice #

123-456-7890

