

## Course Supplies for Pediatric Hand Therapy and Orthotic Intervention course

(Note: These supplies are provided after registration, in a supplemental pack that will be shipped to your registration mailing address)

### Items used in the course from catalog (least listed amounts are for adult size) North Coast Medical Performance Health

| Quantity                                 | Description                            | Item #      | Item #    |
|--|--|-------------|-----------|
| Cut into 1.3" x 48"                      | 6" Fabrifoam/Nustim (cut in 5 lengths) | NC200929    | 081279629 |
| Cut one 4" & 8" long                     | 6 cm Orficast More (cut in half)       | NC62909-1   | 7101483   |
| Cut 2 pieces 8" long and 6 into 1" ovals | 1" Pressure Sensitive Hook             | NC12084-225 | 081181957 |
| Four pieces 10" long                     | 2" Softstrap or AlphaStrap             | NC12323     | 081268564 |
| Two pieces 7" long                       | 1" Softstrap or AlphaStrap             | NC12321     | 081268556 |
| Cut a piece 2" x 3"                      | 1/16 inch Tailorsplint or Orfit        | NC12670-1   | 081264712 |
| One Piece 6" x 9"                        | 3/32 inch Tailorsplint or Preferred    | NC12983-2   | 081264795 |
| Twopieces 9" x 12"                       | 1/8 inch Tailorsplint or Preferred     | NC12790-3   | 081062256 |

### These items will be provided but can obtained at discount store

| Quantity            |                           |
|---------------------|---------------------------|
| Cut into 4" lengths | Pool noodle               |
| 27"                 | Flat shoelace             |
| 27"                 | Ribbon                    |
| 4 pieces            | Paper towel or shop towel |
| one                 | Thin panty liner          |

### You will need to provide these tools and supplies:

#### YOUR Tools and supplies needed for fabrication:

- Heat pan with thermometer
- Heavy duty scissors
- Heavy duty hole punch (leather punch)
- Towel for drying material
- Bamboo stick or screwdriver

#### Lesson 2: Homemade Rivet and Double Locking Velcro

- 8" piece Pressure Sensitive Hook Velcro
- One 10" piece of 2" Softstrap/Alphastrap
- A scrap piece of thermoplastic

#### Lesson 3: Supination Assist Orthosis

- One 48" piece of 1.3" strip of Fabrifoam

#### Lesson 6: Web Spacer Orthosis

- 3" x 2" piece of 1/16" thermoplastic
- 27" or 36" Ribbon or shoelace

#### Lesson 6: Wrist Radial Bar Orthosis

- One 9" x 12" piece of 1/8" thermoplastic
- One 7" piece of 1" Softstrap/Alphastrap
- One 10 piece of 2" Softstrap/Alphastrap
- Four 1" ovals of pressure sensitive hook Velcro

#### Lesson 7: MP blocking Orthosis

- One 4" and one 8" piece of 3cm Orficast More

#### Lesson 8: Foam Hand/Dorsal Forearm Orthosis

- One piece 9" x 12" piece of 3/32" thermoplastic
- 4 1/2" piece pool noodle with thumb groove
- One 10 piece of 2" Softstrap/Alphastrap
- Two 1" ovals of pressure sensitive hook Velcro

#### Lesson 9: Volar Hand/Dorsal Forearm Orthosis

- One 9" x 12" piece of 1/8" thermoplastic
- One 7" piece of 1" Softstrap/Alphastrap with 27" ribbon decoration
- Two ovals of adhesive back hook (attached to wrist strap)
- One 8" piece of 1" pressure sensitive hook
- One 10" piece of 2" Softstrap/Alphastrap
- One 27" piece of ribbon

