Your personal coach:
The MyoFacil training cards
Training course for more freedom of movement

The MyoFacil transradial prosthesis will make your everyday life much easier. You will have greater freedom of movement and therefore be more independent at work, in your free time, and with your family and friends.

The goal of these training cards is to turn the movements you make with the MyoFacil prosthesis into entirely natural sequences which keep getting easier for you and soon become second nature.

Discover how the MyoFacil prosthesis responds and how to use it. Think of the exercises as challenges you will master little by little!

The training course is specifically designed to be varied so you can make it an enjoyable part of your everyday life. You will soon notice your progress and experience new freedom of movement!
Three phases to success
With professional training

For optimum results, prosthesis training is divided into three phases that build on each other. In every phase, you should practise until you feel confident. It is important that you begin the training units with simple exercises before gradually increasing the level of difficulty. Enjoy small improvements too; you've worked for them!

Your therapist, friends or family members can assist you with some of the exercises. Accept their help and develop an enjoyment of training. Choose exercises from our training cards which you find enjoyable, challenging and, above all, which give you training in the movements that are important for your everyday life.

We also show you ways to enhance the difficulty of each exercise, should you wish to take your training a step further.

Physical training is separate to the three phases. Here, you will practise your coordination, your balance and your dexterity in general. You will also strengthen your muscular system. Physical training prepares you for wearing your prosthesis and will help you get in good physical shape as well.
Physical training
Building the basics

Torso stability and a strong residual limb are crucial factors for prosthesis control. Physical training prevents postural problems and can boost self-confidence and improve your perception of your body. You should begin with physical training even before you receive your prosthesis, as it prepares you for the fitting.

You should also continue it once you have your prosthesis as well. Some exercises even require the use of the prosthesis. During physical training, always pay attention to:
- Body posture
- Coordination and balance
- Strengthening the muscles

In the course of physical training, you begin to perceive your body more consciously. You prepare the muscles for the prosthesis and ensure an upright posture – an important requirement for the training steps that follow. Physical training should continue even after rehabilitation.

Physical training
Achieving optimum physical conditioning

1 Controls training
Gaining general control of the prosthesis

2 Repetitive drills
Repeating the exercises until all functions have been internalised

3 ADL training
Using the prosthesis to its best advantage for everyday and occupational activities
Exercise 1 – Arm/residual limb strengthening

Begin in an upright, relaxed sitting position with your elbow bent. External resistance is built up against the residual limb at slowly increasing increments (e.g. pushing with the hand, against a wall, a Theraband). Tighten the respective muscle against the direction of the resistance without moving your arm. Alternately increase the resistance from the front and back as well as laterally inward and laterally outward.

- Against resistance (e.g. pushing with the hand, against a wall or a cushion)
- With Theraband on residual limb
Goal:
Strengthening the musculature of the residual limb, arm and shoulder.

Repetitions/sequence:
10 reps in each direction of movement (front, back, laterally inward and laterally outward), maintain tension for max. 10 seconds.

Enhancement/variation:
• Initially without moving the arm:
  – resistance against residual limb (with elbow bent 90°)
  – resistance against Theraband
• Subsequently with movement against the resistance (concentrically) before slowly releasing the movement back to the starting position (excentrically).

Tips:
• Perform the exercise slowly and do not maintain tension longer than 10 seconds to avoid muscle tightness and soreness.
• Start with resistance against soft objects.
Exercise 2 – Bridging

Lie on the floor on your back with your legs bent at the knees and feet flat on the floor. The knees and feet are slightly apart and the soles of both feet rest on the floor. The arms are extended near to your body on the mat. Inhale and roll up your upper body one vertebra at a time (lifting the pelvis) until your weight is centred between the shoulder blades. Knees, hips and shoulders form a line. Maintain the position briefly and then slowly ease your pelvis back onto the floor.
Goal:
Improving the flexibility of the spine. Stabilising the pelvis and strengthening the back of the thigh.

Repetitions/sequence:
Lift pelvis, maintain position for 5 seconds, then slowly lower pelvis 10 times.

Enhancement/variation:
1. To enhance the exercise, place your feet on an uneven surface (e.g. folded blanket, ball, cushion, roller).
2. While keeping the pelvis raised, move your arms up and down quickly 5 times.

Tip:
While performing the exercise, keep your upper body and knees steady and tighten the gluteal, abdominal and thigh musculature.
Exercise 3 – Parachutist

Lie face down. The arms are angled to the right and left above the head on the floor. The forehead is resting on the floor. The legs are extended on the floor. The entire body is now relaxed. During the tension phase, lift your arms a few centimetres off the floor by tensing your back muscles.
Goal:
Strengthening the back and gluteal musculature.

Repetitions/sequence:
Perform the exercise 10 times. Hold your arms in the air for 5 seconds before slowly releasing them back down.

Enhancement/variation:
1. Tighten the upper body as well by tensing your back muscles, and lift your head and chest off the floor.
2. Tighten the lower body region and upper body as well by tensing the muscles of your back, and lift your head, chest and legs off the floor.

Tips:
• Always keep your eyes on the floor (straight neck) to decrease stress to the cervical spine.
• Only lift your upper body and legs to a height above the floor that does not cause pain in the lumbar spine. Decrease the height if necessary.
• Focus on tightening your gluteal and back thigh muscles while lifting your legs.
Exercise 4 – Side plank

Lie on your unaffected side on a gymnastics mat. The legs and feet lie on top of one another, the knees are bent and the hip is extended. Support your upper body with your forearm (elbow is bent). Rest your top arm straight along your body. Keep your head and neck in line with your spine. Lift your upper body sideways while supporting yourself with your forearm. Your weight is supported by your knees and forearm. Maintain the position for 10 seconds and then return to the starting position. Switch to the other side if your residual limb allows it. Do not wear your prosthesis during this exercise.
Goal:
Strengthening the lateral abdominal, back, gluteal and shoulder musculature.

Repetitions/sequence:
Perform the exercise 10 times. Maintain the position for 10 seconds and then return to the starting position. Begin with the unaffected side and then switch to the affected side.

Enhancement/variation:
1. Extend your legs in the starting position and perform the exercise as described above.
2. While maintaining the position, raise your top leg and arm as well.

Tips:
• The shorter the residual limb, the more difficult it is to perform the exercise.
• Actively push away from your upper arm with your shoulder.
• Tighten your torso, leg and gluteal muscles throughout the entire exercise.
• Inhale and exhale evenly throughout the entire exercise.
• Begin with the unaffected side.
Exercise 5 – Sit-ups

Lie on the floor on your back and raise your knees with your feet flat on the floor. Rest your arms on either side of your body. Tighten the pelvic floor and abdominal muscles, and lift the head, arms and upper torso off the floor. Maintain this position for a few seconds before slowly returning to the starting position.
Goal:
Strengthening the pelvic floor and abdominal musculature.

Repetitions/sequence:
Perform the exercise 10 times. Maintain the position for a few seconds and then return to the starting position.

Enhancement/variation:
1. Alternately lift each leg (extend knee) while your head, torso and arms are lifted off the floor.
2. Lift both legs at the same time (extend both knees) while your head, torso and arms are lifted off the floor and maintain the position for a few seconds.

Tips:
• If you experience pain in the lumbar region, reduce the height of the torso lift and keep both legs on the floor.
• Inhale and exhale evenly while maintaining the position as well.
• Always hold your head as an extension of the spine (chin tilted slightly towards the chest).
Exercise 6 – One-legged stance

On a stable surface, stand with your feet hip-width apart and lift one leg off the floor. Stand on one leg for 30 seconds, if possible, then switch to the other leg.
Goal:
Improvement of coordination and balance.

Repetitions/sequence:
Stand on one leg for 30 seconds, then switch to the other leg for another 30 seconds.

Enhancement/variation:
1. Stand on an uneven surface (such as a folded blanket, cushion, balance board...) and perform the exercise as described above.
2. Stand on one leg on an uneven surface. Close your eyes and maintain your balance.
3. Come up on your toes while standing on one leg on a stable surface. Maintain your balance as long as possible. Then switch to the other leg.

Tips:
• Avoid compensating movements with your arms and upper body.
• Check yourself in front of a mirror.
• If you lose your balance within the 30 seconds, reduce the time and repeat the exercise.
• Integrate this exercise in your daily routine frequently, e.g. when brushing your teeth or preparing a meal.
Exercise 7 – Diagonal stretch

Stand upright. Support your weight with one leg and extend the other leg to the side, while also extending the opposite arm upward and to the side. Now bring your knee and elbow together in front of the centre of your body and extend them both again. Continue to support your weight with the standing leg. Then switch sides.
Goal:
Strengthening and coordination for the entire body.

Repetitions/sequence:
Repeat the exercise 10 times before switching sides.

Enhancement/variation:
1. Stand on an uneven surface (such as a folded blanket, cushion, balance board...) and repeat the exercise.
2. Maintain eye contact with the leading arm and repeat the exercise.

Tips:
• The slower you perform the exercise, the more demanding it is.
• Keep your upper body still and inhale and exhale evenly.
Exercise 8 – Archer

Stand with both feet on the floor. Hold a Theraband with both hands shoulder-width apart. Hold your arms in front of you at a right angle to the body. Then stretch your prosthetic arm out to the side so that both shoulders and the prosthetic hand are in a line. The arm is parallel to the floor, the shoulder remains low. Turn your head toward the prosthetic arm and pull your other hand toward your ear on the same side. Your bent elbow is higher than the shoulder. Move your shoulder blades toward each other as well. Then maintain the position for 10 seconds before relaxing.
**Goal:**
Strengthening the residual limb and arm musculature as well as the back musculature.

**Repetitions/sequence:**
10 reps from starting position to end position, then switch sides.

**Enhancement/variation:**
1. Hold the Theraband with your hands closer together or switch to a higher strength.
2. Increase the number of repetitions.

**Tips:**
- Make sure to keep shoulders low (mirror, have family/friends observe).
- When you turn your head to the side, keep the axis level (straight, no tilting sideways).
- When tightening the upper back, avoid a hollow back by activating your abdominal musculature.
Exercise 9 – Barbell training

Stand with your feet hip-width apart, lift and extend both arms to the front (end position 1) or to the side (end position 2) at shoulder level. Be sure to keep your shoulders relaxed and tighten your abdomen.

- Starting position
- End position 1: Arms in front of the body
- End position 2: Arms to the side
- Enhancement with weights
- End position 1 with weights
- End position 2 with weights
Goal:
Strengthening the shoulder musculature.

Repetitions/sequence:
10 reps in front of the body, 10 reps to the side.

Enhancement/variation:
1. To enhance the exercise, hold a bottle in each hand.
2. Vary the weight of the bottle.

Tips:
• Once you have picked up a bottle to use as a weight, switch off the prosthesis. This way, you won't need to think about maintaining your grip.
• Check your movements in a mirror: relax your shoulders and move both arms at the same time.
• Tighten your abdomen while performing the exercise and keep your back straight (bend knees slightly if necessary).
The first phase
Controls training

Gaining control
In the course of controls training, you familiarise yourself with the prosthesis. First the technician or therapist adjusts the electrodes in order to subsequently analyse the initial movements of the prosthetic hand.

The goal of controls training is for you to learn how to precisely control and efficiently use the prosthetic hand. This means that you begin to gain control of your prosthesis.

Controls training makes you more intimately familiar with your prosthesis. Practise opening and closing the hand, also in various arm positions. During this phase you will not be grasping any objects yet; concentrate only on the movements of your hand at first.

Physical training
Achieving optimum physical conditioning

1 Controls training
Gaining general control of the prosthesis

2 Repetitive drills
Repeating the exercises until all functions have been internalised

3 ADL training
Using the prosthesis to its best advantage for everyday and occupational activities
Exercise 1 – Training while seated with resting forearms

Sit with your forearms resting on a table. Open and close the hand, making a point of varying the intervals, subsequently using various opening widths. Maintain eye contact with the prosthetic hand.

- Open the hand completely
- Open the hand halfway
- Close the hand completely
Goal:
Gaining initial control of the prosthesis functions.

Repetitions/sequence:
Perform the exercises as illustrated in the diagrams.

Enhancement/variation:
1. Open and close the hand repeatedly and completely.
2. Open and close the hand in several (half-open) steps.
3. To enhance the exercise, follow instructions (family, friends: "Open/close your hand completely", "Open/close your hand in 2 steps"...).

Tips:
- Maintain eye contact with your prosthetic hand.
- If you find moving the hand difficult, it might be helpful to move both hands at the same time.
- Keep your shoulder, neck and upper arm muscles relaxed.
- Take a break when you lose concentration.
Exercise 2 – Training while seated with unsupported arms

Sit upright on a chair in a comfortable position with your arms hanging down loosely. Now change the position of the prosthetic arm as described below and perform the exercises (open and close, completely and in several steps – as described in Exercise 1).

- Extend arm to the front
- Cross arm in front of the chest
- Hold arm behind back
- Stretch arm out to the side
- Hold arm above head
Goal:
Gaining improved control of the prosthesis functions.
Improving coordination.

Repetitions/sequence:
Perform the exercises in various positions of the arm until you have sufficient control of your prosthesis in all positions.

Enhancement/variation:
1. Alternately open and close the hand, completely at first.
2. Then open and close the hand in several (half-open) steps.
3. Another person shows you various arm and hand positions; you imitate these movements.
4. Close your eyes and open/close your hand in the desired position.

Tips:
- Keep your shoulder, neck and upper arm muscles relaxed.
- Take a break when you lose concentration.
**Exercise 3 – Training in two-legged stance**

Stand comfortably on the floor with feet hip-width apart. The arms are free. Now change the position of the prosthetic arm as described below and perform the exercises (open and close, completely and in several steps – as described in Exercise 1).

- Extend arm to the front
- Cross arm in front of the chest
- Hold arm behind back
- Stretch arm out to the side
- Hold arm above head
- Repeat on uneven surface
Goal:
Gaining improved control of the prosthesis functions. Improving coordination, concentration and balance.

Repetitions/sequence:
Perform the exercises in various positions of the arm until you have sufficient control of your prosthesis in all arm positions while standing.

Enhancement/variation:
Stand on an uneven surface (folded blanket/towel or cushion) and perform the exercise as described above.

Tips:

• Keep your shoulder, neck and upper arm muscles relaxed.
• Take a break when you lose concentration.
Exercise 4 – Training in one-legged stance

Stand on one leg and let both arms hang down loosely. Now change the position of the prosthetic arm as described below and perform the exercises (open and close, completely and in several steps – as described in Exercise 1).

- Extend your arm out to the front
- Stretch your arm out to the side
- Cross your arm in front of the chest
- Hold your arm above your head
- Hold your arm behind your back
- Switch to the other leg
**Goal:**
Gaining improved control of the prosthesis functions.
Improving coordination, concentration and balance.

**Repetitions/sequence:**
Perform the exercises in various positions of the arm until you have sufficient control of your prosthesis in all arm positions while standing on one leg.

**Enhancement/variation:**
Stand on one leg on an uneven surface (folded blanket/towel or cushion) and perform the exercise as described above.

**Tips:**

- If necessary, practise the one-legged stance prior to using the prosthetic functions.
- As soon as you completely lose your balance in the one-legged stance, take a short break and then continue with the exercise.
Exercise 5 – Training while standing with sequences of movements

Stand comfortably with both feet on the floor. The arms are free. One person (friend/family) stands opposite you and demonstrates various arm and hand positions (opening widths), which you mirror using both hands. For example:

- Bend elbow (hand is closed)
- Open hand
- Extend elbow

- Note: hand closed
- Hand opened
- Enhancement in one-legged stance
- Combination with knee bends
**Goal:**
Gaining improved control of the prosthesis functions. Improving coordination, concentration and balance.

**Repetitions/sequence:**
Mirror the demonstrated sequences of movement. Limit the movement to a single arm position and single hand position at first. Subsequently put together a number of sequences of movements in a row.

**Enhancement/variation:**
1. Begin with sequences of movements of the arm and hand.
2. Combine these with movements of the legs and head later on.
3. Stand on an uneven surface (folded blanket/towel or cushion) and perform the exercise as described above.

**Tips:**
- Keep your shoulder, neck and upper arm muscles relaxed.
- Take a break when you lose concentration.
- Incorporate many variations (various combinations of arm, hand, leg and head positions and in different orders).
Exercise 6 – Training while moving

Open and close the prosthetic hand in specified positions while moving about the room.
Goal:
Gaining improved control of the prosthesis functions. Improving coordination, concentration and balance.

Repetitions/sequence:
Now combine Exercise 5 while moving.

Enhancement/variation:
1. Walk over various floor coverings (inside, outside).
2. Walk on stairs/inclines.

Tips:
• Keep your shoulder, neck and upper arm muscles relaxed.
• Take a break when you lose concentration.
• Incorporate many variations (various combinations of arm, hand, leg and head positions and in different orders).
The second phase
Repetitive drills

Gaining confidence
In this phase, you practise gripping and releasing various objects in different positions. In choosing the objects, please select the greatest possible variety of sizes, shapes, surface characteristics and resistance. You have to practise and repeat the exercises many times in order to internalise control of the prosthesis.

Training and variation – in the course of repetitive drills, you increasingly develop a feel for your prosthesis. This is where you practise gripping and releasing various objects.

Physical training
Achieving optimum physical conditioning

1 Controls training
Gaining general control of the prosthesis

2 Repetitive drills
Repeating the exercises until all functions have been internalised

3 ADL training
Using the prosthesis to its best advantage for everyday and occupational activities
**Exercise 1 – Initial grasping**

Sit at a table, rest your forearms on the surface and pass a wooden block from one hand to the other. Repeat this multiple times.
Goal:
Initial grasping of various objects. Frequent repetitions improve endurance, coordination and automatisation.

Repetitions/sequence:
Perform the exercises as illustrated in the diagrams and repeat approx. 10–15 times.

Enhancement/variation:
1. Grip the object close to your body and with your forearm resting on the table at first.
2. Subsequently perform exercise with extended and raised arm.

Tip:
If you find gripping difficult when your arm is extended away from your body, please repeat strengthening exercises 8 and 9 for the shoulder girdle from section 1 "Physical training".
Exercise 2 – Box and blocks

Position a small raised object (e.g. book on the table); place approx. 10–15 wooden blocks on one side. Now use the prosthetic hand to transfer all the wooden blocks over the raised object to the other side one at a time.
Goal:
Initial grasping of various objects. Frequent repetitions improve endurance, coordination and automatisation.

Repetitions/sequence:
Perform the exercises as illustrated in the diagrams and repeat this exercise a few times.

Enhancement/variation:
Vary the height of the obstacle.

Tips:
- Avoid compensating movements with the shoulder.
- The higher the obstacle and the farther you move the blocks, the greater the effort required of you.
Exercise 3 – Solitaire

Pick a wooden stick up off the playing field and jump over another wooden stick with it. Remove the stick that has been jumped over. You may only jump over other sticks diagonally and vertically and only one at a time. Jump only into empty holes. The goal is to gradually remove all the sticks and to reach the centre with the last stick.
**Goal:**
Initial grasping of various objects. Frequent repetitions improve endurance, coordination and automatisation.

**Repetitions/sequence:**
Perform the exercise as illustrated in the diagrams and repeat it a few times.

**Enhancement/variation:**
Start by using the prosthetic hand to move the wooden stick over another stick, and remove that stick with the real hand. Subsequently use the prosthesis to carry out both steps. Use large sticks initially and smaller ones later on.

**Tip:**
Solitaire is available in various sizes and designs, and you can also make it yourself.
Exercise 4 – Grasping a pen/targeted grasping of flat objects

Sit at a table. Put a pen in your prosthetic hand and grasp it.
**Goal:**
Initial grasping of various objects. Frequent repetitions improve endurance, coordination and automatisation.

**Repetitions/sequence:**
Perform the exercise as illustrated in the diagrams and repeat approx. 10–15 times.

**Enhancement/variation:**
1. Grasp a straw and test whether you can still blow through it.
2. Write or draw with a pen.

**Tip:**
If you have difficulty positioning the pen exactly between your thumb, index finger and middle finger: place the pen on the index finger and middle finger while the hand is open and then close the hand.
**Exercise 5 – Grasping a sponge**

Stand in a comfortable position and grasp a sponge with the prosthetic hand. Open the hand as far as possible without letting the sponge fall from the hand, and then grip it again.

- **Grip sponge firmly**
- **Stand on one leg and hold the sponge**
**Goal:**
Initial grasping of various objects. Frequent repetitions improve endurance, coordination and automatisation.

**Repetitions/sequence:**
Perform the exercise as illustrated in the diagrams and repeat approx. 10–15 times.

**Enhancement/variation:**
Repeat the exercises while standing on one leg.

**Tips:**
- Maintain eye contact with your hand at first.
- Later on, try to perform the exercise without looking at your hand.
Exercise 6 – Grasping a water bottle

Sit at a table and grasp the bottle standing on it. Lift the bottle and then set it back down on the table. Then let go of it again.
Goal:
Initial grasping of various objects. Frequent repetitions improve endurance, coordination and automatisation.

Repetitions/sequence:
Perform the exercise as illustrated in the diagrams and repeat approx. 10–15 times.

Enhancement/variation:
1. Grasp an empty bottle at first.
2. Fill the bottle to increase its weight.
3. Grasp the bottle from various positions.

Tip:
Maintain eye contact with your hand. This will help you to better estimate the strength of your grip.
Exercise 7 – Grasping a cup

Stand in a comfortable position and grasp a plastic cup. Lift it and then set it down again.

- Lift cup/maintain control while lifting cup
- Build a cup tower
**Goal:**
Initial grasping of various objects. Frequent repetitions improve endurance, coordination and automatisation.

**Repetitions/sequence:**
Perform the exercise as illustrated in the diagrams and repeat approx. 10–15 times.

**Enhancement/variation:**
1. Move about the room with the cup in your hand without changing hand position.
2. Grip/release cup at various heights.
3. Remove the cup from a stack of cups.
4. Build a cup tower.

**Tip:**
The hardness of plastic cups can vary greatly. Do not use very sturdy nor very fragile cups, which do not provide any resistance.
Exercise 8 – Hanging the washing

Stand in a comfortable position, grasp a clothes peg and clip it to the washing line (washing line at hip height).

- Squeeze peg open/position clothes peg and release
Goal:
Initial grasping of various objects. Frequent repetitions improve endurance, coordination and automatisation.

Repetitions/sequence:
Perform the exercise as illustrated in the diagrams and repeat approx. 10–15 times.

Enhancement/variation:
1. Position the washing line at chest height.
2. Clip pegs to the rim of a plastic cup.

Tip:
Use wide/large pegs with a large gripping surface.
The third phase
ADL training: activities of daily living

Learning for everyday life
As you become aware of your progress step by step, integrating the prosthesis into your everyday life will become easier for you as well. ADL stands for "activities of daily living".

From now on, try to repeat the exercises frequently with objects you use often in everyday life. Mainly practise movements from now on that you want to perform during leisure activities, sports or also at work. Select both one-handed and two-handed exercises in order to develop the coordination of both hands. Increase the degree of difficulty from simple exercises (such as folding a towel) to more demanding tasks (such as preparing meals).

Now you consciously apply your abilities in everyday life. Note which movements are especially useful to you and practise at home.

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Physical training
Achieving optimum physical condition-
ning

1
Controls training
Gaining general control of the prosthesis

2
Repetitive drills
Repeating the exercises until all functions have been internalised

3
ADL training
Using the prosthesis to its best advantage for everyday and occupational activities
Exercise 1 – Folding a towel

Stand comfortably and fold a small towel. Actively use both hands.

- Bring the ends of the towel together
- Fold towel in half
- Fold towel again
Goal:
Use the prosthesis to its best advantage for everyday activities and gain confidence.
Achieve maximum autonomy and independence.

Enhancement/variation:
Use a large bath towel.

Tips:
- Avoid compensating movements, especially of the shoulders and spine.
- Use the prosthetic hand for holding at first.
Exercise 2 – Riding a bicycle/scooter

Begin riding on a level surface. Do not close your hand completely when holding the handlebar. Switch off the hand or the entire prosthesis. This will allow you to get off the bike spontaneously without having to open your hand first in event of a mishap.

- Ride the bicycle
- Grip handlebar with prosthetic hand slightly open
Goal:
Use the prosthesis to its best advantage for everyday activities and gain confidence.
Achieve maximum autonomy and independence.

Enhancement/variation:
Ride on an uneven surface.

Tip:
If possible: test the exercise first of all on a stationary bike or tricycle. Please observe the regulations which apply in your country regarding driving a vehicle with a prosthesis.
Exercise 3 – Putting on clothes

Hold a jacket or vest with the unaffected hand and slip your prosthetic side into the respective sleeve first. Pull the jacket or vest over your shoulders. Now slip your unaffected hand into the other sleeve and close the zipper.

- Slip the prosthetic hand into the sleeve
- Pull the jacket over your shoulders
- Slip the other arm into the sleeve
Goal:
Use the prosthesis to its best advantage for everyday activities and gain confidence.
Achieve maximum autonomy and independence.

Enhancement/variation:
1. Use a jacket with buttons and close these.
2. Practise with various items of clothing you need in everyday life, e.g. knotting a tie.

Tip:
If the zipper cannot be grasped easily, attach a key ring to it.
Exercise 4 – Unscrewing a container

Hold a container of cream with the prosthetic hand and open it with the unaffected hand.

- Unscrew container
- Unscrew toothpaste tube
Goal:
Use the prosthesis to its best advantage for everyday activities and gain confidence.
Achieve maximum autonomy and independence.

Enhancement/variation:
Unscrew toothpaste tube (hold cap with prosthetic hand).

Tips:
• Check the maximum opening width of your prosthetic hand and use this to determine the suitable size of the container.
• Use this to determine the size of the container.
Exercise 5 – Packing a bag

Open a backpack, bag, or similar. Place various objects inside. Hold the bag with one hand and fill it with the other.
Goal:
Use the prosthesis to its best advantage for everyday activities and gain confidence.
Achieve maximum autonomy and independence.

Enhancement/variation:
1. The prosthetic hand can hold the bag at first in order to open the zipper. The unaffected hand fills the bag.
2. Later on, you should actively use the prosthetic hand to pack the objects into the bag.

Tip:
If the zipper cannot be grasped easily, attach a key ring to it.
Exercise 6 – Tying shoelaces

**Step 1:** Use your prosthetic hand to pick up the opposite shoelace – that is, if your prosthetic hand is on the right, pick up the left shoelace and vice versa. Pull the shoelace to the other side of the shoe, i.e. in the direction of the prosthetic hand. **Step 2:** Use your unaffected hand to make half a knot and, different than usual, a second as well. **Step 3:** Now release the lace with the prosthetic hand; your unaffected hand can make a loop. Take the loop in the prosthetic hand. **Step 4:** Now complete the loop just as you normally would with the other hand. Open the prosthetic hand once more, take the loops again and pull them tight. Done.
Goal:
Use the prosthesis to its best advantage for everyday activities and gain confidence.
Achieve maximum autonomy and independence.

Enhancement/variations:
1. Practise the technique first with a shoe you have placed on the table. Position it at a height which is comfortable for you.
2. Practise later with a shoe worn on your foot.

Tip:
Using wide and long shoelaces is considerably easier at first.
Exercise 7 – Pouring a drink

Hold the bottle with the prosthesis and unscrew the cap with the unaffected hand. Then grasp the bottle with the unaffected side and pour the drink.
Goal:
Use the prosthesis to its best advantage for everyday activities and gain confidence.
Achieve maximum autonomy and independence.

Enhancement/variation:
Vary the sizes and materials of the bottle.

Tips:
• Use a sturdier bottle at first.
• Check the maximum opening width of your prosthetic hand and use this to determine the suitable size of the container.
Exercise 8 – Cutting food with knife and fork

Hold the fork with the prosthetic hand and use it to steady the food. Take the knife with the unaffected hand and cut the food. After all the food is cut, take the fork with the unaffected hand and use it to guide the food to your mouth.
Goal:
Use the prosthesis to its best advantage for everyday activities and gain confidence.
Achieve maximum autonomy and independence.

Enhancement/variation:
Now hold the knife with the prosthetic hand, the fork with the unaffected hand and guide the food directly to your mouth with it after cutting. Vary the different types of cutlery (flat, thick, ...).

Tips:
- It is a good idea to use cutlery with a rough (and therefore slip-resistant) surface at first.
- Use the prosthesis to grip the knife with maximum gripping strength and then switch the hand off at first.
Enjoy your successes!

Have you already tried out numerous training cards? Can you see the progress you've made? We are certain that you will get better and better at using your MyoFacil prosthesis. Keep practising, make the movements part of your everyday life, and enjoy your successes! You will notice that your independence improves from day to day.