

## MEDesign® Patient Hand Block



**For use in  
WARDS and  
at HOME**

**Can be used  
individually  
or in pairs**



- Designed to help people move themselves in bed.
- Since your hands sink into the mattress, you cannot raise your buttocks high enough to move. The MEDesign Patient Hand Blocks "lengthen" your arms and solve the problem.
- If you can support your upper bodyweight, can lean forward a little and can push with your arms, you can use the Hand Blocks and move yourself in the bed.
- Even if you cannot do it unaided, using the Hand Blocks may help you to help your carer move you.
- Also useful in relieving pressure under the buttocks or when introducing and positioning a bed pan.
- The MEDesign Hand Blocks are moulded from a high grade polymer which combines very high strength, rigidity, heat resistance and durability. The broad, comfortable hand grip and large base, coupled with their light weight and non slip pads on the base make them very easy and safe to use. They reduce the workload of the carer and the risk of injury. **Also used by physiotherapists for floor based upper body rehabilitation work.**
- They promote the user's self esteem and confidence. In this context, paraplegics and lower limb amputees who have upper body strength will find them of particular help.
- Details of the benefits and techniques which can be used with the Hand Blocks are in:
  - "Advantages of low-cost mobility aids in health-care settings", Int. Journal of Therapy and Rehabilitation, July 2005, Vol 12, No 7
  - "The guide to the Handling of Patients" 4th edition, NBPA/RCN, Teddington 1998, ISBN 0 95 30582 5 5
  - "Safer Lifting for Patient Care", Hollis M, Blackwell, Oxford 1991, ISBN 0 63 202892 0
  - "Manual Handling in the Health Services", Health Services Advisory Committee, HMSO London 1992, ISBN 0-7176-1248-1
- MEDesign's Patient Hand Blocks have been favourably reviewed in the D.H.S.S. Assessment of Manual Bed Aids. They are widely used in public and private nursing establishments in the UK and overseas.
- Whilst they are easily cleaned, to reduce any risk of cross infection, it is recommended that the MEDesign Patient Hand Blocks are used on a dedicated basis during a patient's stay in hospital.
  - Height: 10.5cm (4") • Base Length: 22cm (8½") • Base Width: 11cm (4¼") • Handle Circumference: 12cm (4¾")
  - Weight: 260gm (8oz) • Maximum User Weight: 126kg (20st)

### Available From

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MEDesign supply more than 100 products to relieve backpain in every area of daily life. A few of these products include:



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