

## WORKSHEET FOR LESSON TWO:

### Knee Center:

Perform tasks without splint and then with splint.

Describe how you compensated for your knee being restricted.

Tasks: Splint one leg	Observations
1. Sit down in a chair and then get up again. Use both legs.	
2. Untie your shoelaces or undo your buckles. Take off your shoes. Put your shoes back on and tie or buckle them.	
3. Put on a pair of gym shorts and take them off again.	
a. splinted leg in first	
b. free leg in first	

### Hand and Wrist Center:

Perform tasks without splints and then with splints.

Describe how you compensated for your hands and wrist being restricted.

Tasks: Splint dominant hand	Observations
1. Write your name and favorite activity on this piece of paper.	
2. Throw a wad of paper into a trash can six feet away.	
3. Thread a needle using both hands.	

### Elbow Center:

Perform tasks without splint and then with splint. Explain how your movements had to change to compensate for the restricted movement of your elbow.

Tasks: splint one arm	Observations
1. Scratch your head or comb your hair.	
2. Write the name of the school on the chalkboard and erase it.	
3. Put on, button, unbutton and take off the coat.	
a. do with putting splinted arm in first	
b. do with putting free arm in first	

