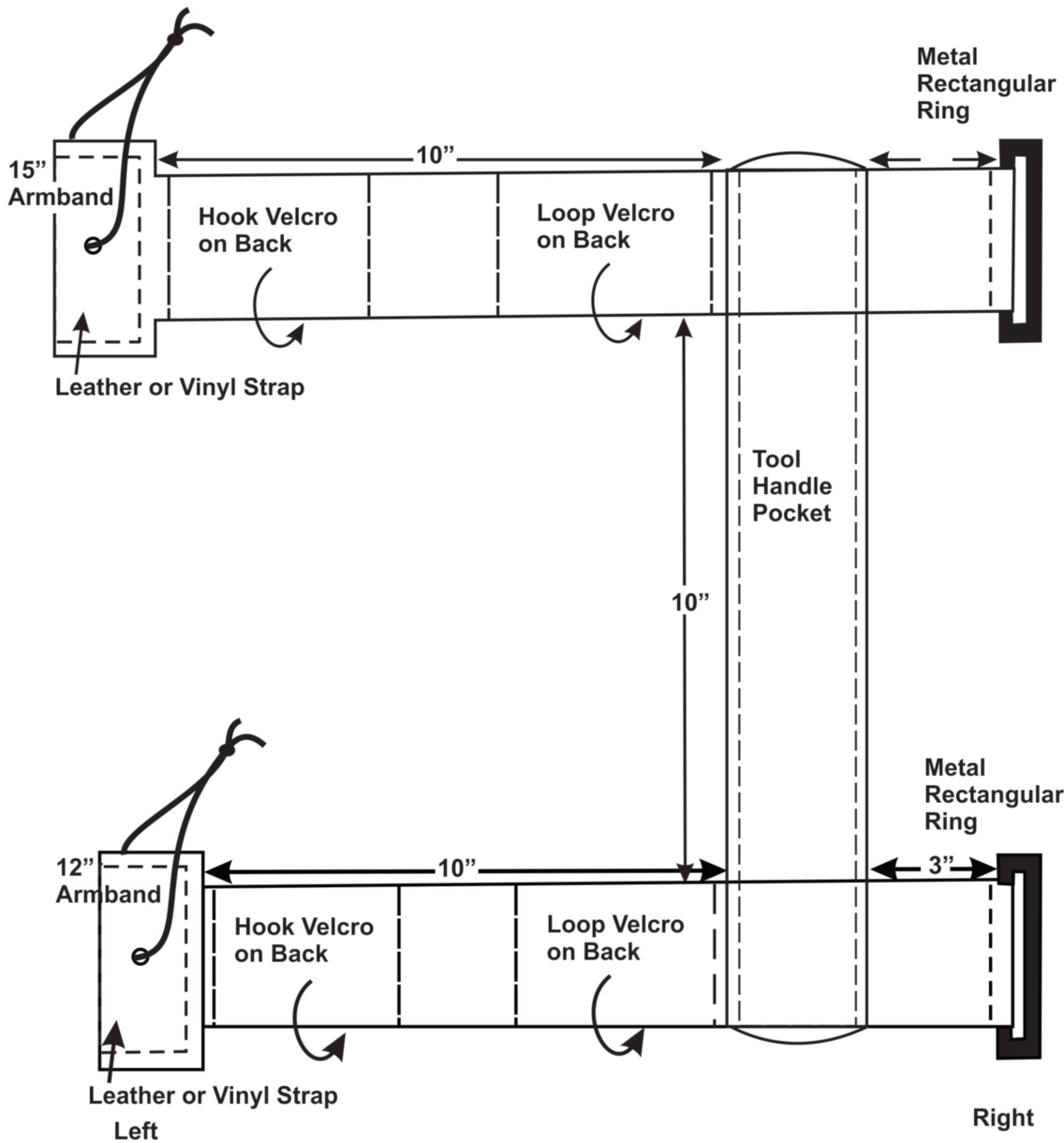
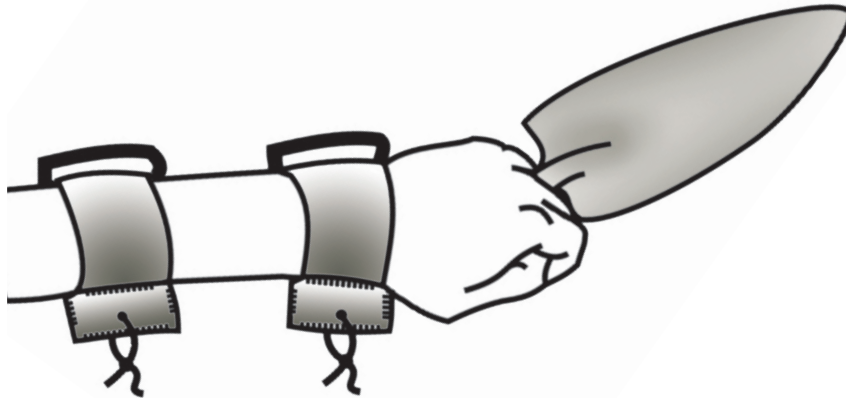




FOREARM CUFF



Materials

Vendor

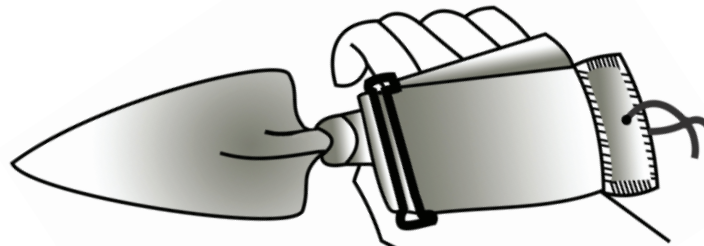
- | | |
|---|--------------------------------|
| • 47" (125 cm) of 2" wide (5 cm wide) canvas webbing | Fabric or sporting goods store |
| • Two 2" (5 cm) metal rectangular rings | Fabric store |
| • 12" (30.5 cm) of cord or shoestring | Fabric store |
| • 7" (18 cm) of 2" wide (5 cm wide) hook Velcro | Fabric or sporting goods store |
| • 7" (18 cm) of 2" wide (5 cm wide) loop Velcro | Fabric or sporting goods store |
| • Two 2.5" (6.5 cm) x 2.5" (6.5 cm) leather or vinyl scraps | Fabric store |

*Note: These measurements are for someone with a medium build. For someone with a smaller or larger build, the lengths of both armbands should be altered by approximately 2" (5 cm) in the appropriate direction.

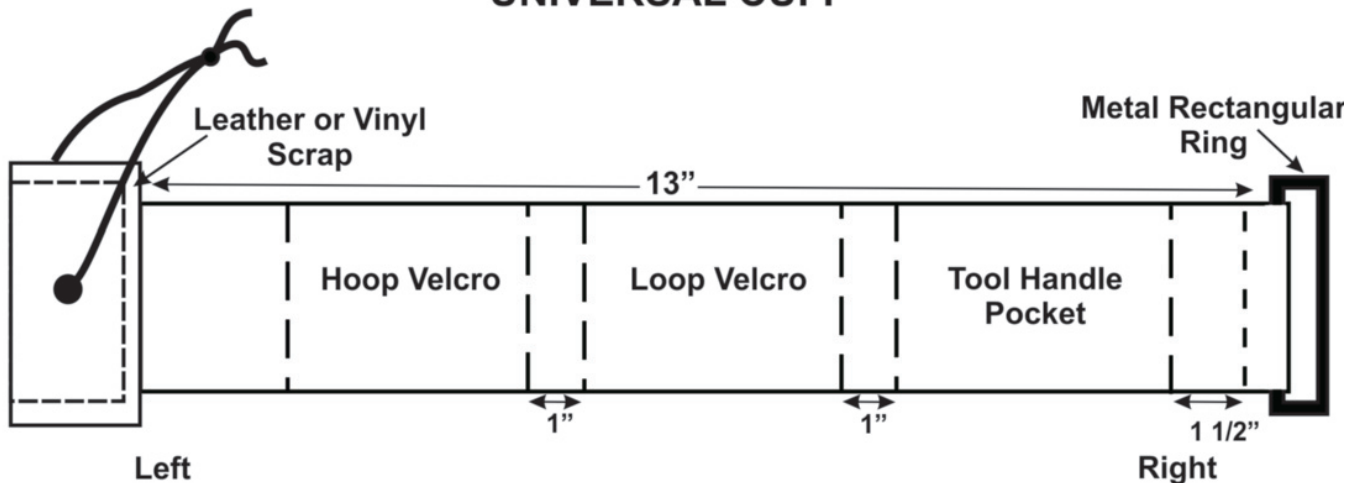
Instructions

1. Cut two 10" (25.5 cm) strips of canvas webbing to form the tool handle pocket.
2. Cut two armbands from the remaining canvas webbing to measure 12" (30.5 cm) and 15" (38 cm).
3. Sew the two armbands onto one of the 10" (25.5 cm) canvas pocket strips.
 - a. The 12" (30.5 cm) armbands should be sewn even with the end of the 10" (25.5 cm) pocket strip as shown in the diagram. Leave 3" (7.5 cm) on the right side of the pocket strip and 7" (18 cm) on the left side.
 - b. Sew the 15" (38 cm) armband on the same 10" (25.5 cm) pocket strip 5" (13 cm) above the bottom armband. 3" (7.5 cm) should be left on the right side of the pocket strip and 10" (25.5 cm) on the left side.(The armbands should fit comfortably on the individual; one across the wrist and one below the elbow.)
4. Sew the metal rectangular rings on the right end of each of the armbands.
5. Sew a leather or vinyl scrap on the left end of each armband by folding the scrap over the end of the canvas and sewing it into the canvas webbing.
6. Punch a hole in each of the leather or vinyl scraps and tie a 6" (15 cm) loop of cord or shoestring through each hole.
7. Cut two pieces of hook Velcro; one 4" (10 cm) and one 3" (7.5 cm). Cut two pieces of loop Velcro; one 4" (10 cm) and one 3" (7.5 cm).
8. Sew the 4" (10 cm) hook Velcro beside the leather or vinyl scrap on the back side of the 15" (38 cm) armband.
9. Sew the 3" (7.5 cm) hook Velcro beside the leather or vinyl scrap on the back side of the 12" (30.5 cm) armband.
10. Sew the 4" (10 cm) loop Velcro beside the tool pocket on the back side of the 15" (38 cm) armband.
11. Sew the 3" (7.5 cm) loop Velcro beside the tool pocket on the back side of the 12" (30.5 cm) armband.
12. Sew the 10" (25.5 cm) canvas pocket strips together along the sides, forming the tool handle pocket. Leave the ends open. (Make sure the armbands are on the backside of the pocket.)
13. Read safety section under "Considerations for Making Your Own Adaptations" regarding skin sores. Before using the forearm cuff.

UNIVERSAL CUFF



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Materials

- 16" (47 cm) of 2" wide (5 cm wide) canvas webbing
- One 2" (5 cm) metal rectangular ring
- 2" (5 cm) of 2" wide (5 cm wide) hook Velcro
- 2" (5 cm) of 2" wide (5 cm wide) loop Velcro
- 6" (15 cm) of cord or shoestring
- One 2.5" (6.5 cm) x 2.5" (6.5 cm) leather or vinyl scrap

Vendor

- Fabric or sporting goods store
- Fabric store
- Fabric or sporting goods store
- Fabric or sporting goods store
- Fabric store
- Fabric store

***Note:** These measurements are for someone with a medium build. For someone with a smaller or larger build, the lengths of both armbands should be altered by approximately 2" (5 cm) in the appropriate direction.

Instructions

1. Cut one 3" (7.5 cm) strip of canvas webbing for tool handle pocket.
2. Sew the metal rectangular ring on the right end of the remaining 13" (33 cm) piece of canvas webbing. Fold the leather or vinyl scrap over the left end and sew it to the piece of canvas webbing.
3. Punch a hole in the leather or vinyl and tie the 6" (15 cm) loop of cord through the hole.
4. Stitch the 3" (7.5 cm) strip of canvas webbing onto the 13" (33 cm) piece of canvas webbing along the sides, 1.5" (4 cm) away from the metal ring. This forms the tool handle pocket.
5. Sew the loop Velcro 1" (2.5 cm) from the pocket and the hook Velcro 1" (2.5 cm) from the loop Velcro.
6. Read safety section under "Considerations for Making Your Own Adaptations" regarding skin sores before using the forearm cuff.