
Learning Objectives

MedBridge
One Handed Strategies for Kitchen Tasks
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Chapter 1: Peeling, Cutting, and Chopping Foods

- Demonstrate how to peel soft and hard rind foods with a prosthesis, residual limb, and one hand
- Identify strategies for cutting and chopping foods of different densities with a prosthesis, residual limb, and one hand

Chapter 2: Mixing and Pouring Ingredients

- Demonstrate how to mix wet and dry ingredients in a bowl with a prosthesis, residual limb, and one hand
- Determine effective approaches to pouring mixtures with a prosthesis, residual limb, and one hand

Chapter 3: Navigating the Stove and Oven

- Explain how to manage pots, pans, and baking dishes using a prosthesis, residual limb, and one hand

Chapter 4: Washing Dishes

- Identify strategies for washing dishes with a prosthesis, residual limb, and one hand