













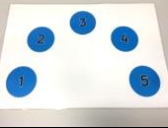




Home GRASP Equipment List

GRASP Equipment	Where to Find	Alternatives
Tennis Ball 	Walmart or Local Dollar Store	Regular ball or squeeze ball For the Ball Rolling exercise: plastic vitamin bottles that can roll. For the Drop and Catch exercise: a bean bag.
Bean Bag 	Walmart or Amazon	Ziploc bag with beans or rice in it.
Various sizes of blocks 	Walmart or Local Dollar Store	Small boxes, small jars, sugar cubes, or objects that can be stacked together.
Various Sizes of Lego 	Walmart or Local Dollar Store	
Various Size of Clothespins 	Walmart or Local Dollar Store	Binder Clips or Bag Clips.
Popsicle Sticks & Toothpicks x10 	Walmart or Local Dollar Store	Beans, chopsticks, or pens/pencils.
Various sizes of Paper Clips x10 (small and large) 	Walmart or Local Dollar Store	Beans or Vitamin Tablets
Poker Chips, pennies or dimes 	Walmart or Local Dollar Store	Coins, Buttons, Checkers
Jars (Various Sizes) 	Available at home OR Walmart/Local Dollar Store	Water Bottle, Vitamin Bottles, or Cosmetic Containers
Cup x2 	Available at home OR Walmart/Local Dollar Store	Cups made of non-breakable materials are preferred.

<p>Towel</p> 	<p>Available at home OR Walmart/Local Dollar Store</p>	<p>N/A</p>
<p>Button-Up Shirt</p> 	<p>Available at home OR Walmart/Local Dollar Store</p>	<p>N/A</p>
<p>Fork & Knife</p> 	<p>Available at home OR Walmart/Local Dollar Store</p>	<p>N/A</p>
<p>Theraputty</p> 	<p>Provided to clients from clinic</p>	<p>N/A</p>
<p>Target Board</p> 	<p>Provided to clients from manual</p>	<p>N/A</p>
<p>Gripper</p> 	<p>In-store or Online Purchase Sources:</p> <p>Decathlon – Handgrip - Light Resistance/Yellow - Corength - Decathlon Handgrip - Medium Resistance - Corength - Decathlon Handgrip - Strong Resistance - Corength - Decathlon</p> <p>Online Purchase Sources:</p> <p>ProHands – Gripmaster Hand Grip for Rehab. Best Hand Exerciser after Surgery. (prohands.net)</p> <p>Amazon – Digi-Flex Green Hand and Finger Exercise System, 5 lbs Resistance : Amazon.ca: Sports & Outdoors</p>	
<p>Wrist Weight</p> 	<p>In-store Purchase Sources: Dollar Store, Walmart, Decathlon or Canadian Tire</p> <p>Online Purchase Sources: try searching walking weights for ones with straps</p> <p>Best Buy Jessica Simpson Walking Weights - Pair - 1 lb - Black Best Buy Canada</p> <p>Walmart Canada PurAthletics Neoprene Walking Weights 2x1lb Walmart Canada</p> <p>OrthoCanada – Cuff Weights OrthoCanada</p> <p>Canadian Tire – Everlast Neoprene Ankle/Wrist Weight, Pairs Canadian Tire</p>	<p>Can goods, bottle of water, small 1lb dumbbell</p>