

## ⌘16 Pause and Practice:

# Facilitating Drinking from a Glass

### Starting Position

- Have your patient sit at a table, feet on the floor, pelvis out of a posterior pelvic tilt.
- Sit next to the patient, on their involved side.

### Handling

- Carefully place their elbow on the table. This position helps them to keep their shoulder forward and stabilizes it at the same time. Proximal stability allows for better control of the elbow and hand.
- Place their hand on the glass, your hand over theirs, down to the finger tips if possible.
- Place your thumb and first two fingers around theirs.
- Place your ring and little finger under the glass for better control and more normal guiding of the glass.
- Place your other hand at their elbow to keep it from pulling back or sliding off the table's edge.
- Guide their hand, holding the glass, to their mouth. Discourage them from bringing their mouth to their glass.
- As the glass reaches their mouth, guide their hand and wrist. *Use wrist extension and radial deviation for the most normal movement pattern.*
- After they take a sip, guide their hand back to the table. The position of the hand on the glass encourages wrist extension with some finger flexion. Light weight bearing through the ulnar portion of the hand is encouraged.



### Observations

- Were there any changes in muscle tone?
- Did the effort increase the tone of the hand?
- Did the hand stay in the proper position or become flexed?
- Note how the patient responded.

### Tips

In observing normal movement components of drinking from a glass, most people use some wrist extension with radial deviation. The placement of your ring and little finger under the glass allows for this movement. Otherwise, you will likely guide them into wrist flexion and the movement pattern will be abnormal.