



Activities to consider trying when trialling the Steadi-Two

- Writing
- Typing or Texting on your phone, laptop or tablet
- The Healthport Spiral Task (available on our website)
- The Cochin Hand Function Questionnaire (available on our website)
- Eating
- Drinking
- Brushing your teeth
- Shaving
- Brushing your hair
- Putting on makeup
- Cutting up food
- Buttoning a shirt
- Doing some craftwork

....the world is your oyster!

You are in charge with what you do with the Steadi-Two!