



THE COVVI HAND THERAPY GUIDE

An Introduction To Using Your COVVI Hand

Our therapy guide should be used as a starting point for new users of the COVVI Hand. We encourage that this resource be presented by a certified Prosthetist, Occupational Therapist or multi-disciplinary team. The activities of daily living in this guide can be useful for configuring the optimal Grip Patterns and Triggers Switches for each user.

This is not an exhaustive list, as there are many other activities and possible grip patterns that can be used. Bilateral users and those with more proximal levels of limb absence may find some of these activities to be more challenging. In these instances, we recommend collaboration with your multi-disciplinary team on the best approach to achieving these activities, alternatively send a request to speak with the clinical specialist team at COVVI for further advice.

We encourage our users to share ideas on social media for combinations of grip patterns and hand positions that they find to be useful. This greatly benefits the upper limb community and is very informative for users of the COVVI Hand and those with upper limb absences who are interested in exploring this technology. Remember to tag **@covvi**, so we can reshare this content for maximum outreach.



GRIP PATTERNS & GESTURES

We understand the importance of our hands in everyday social interactions, that is why we have chosen to offer a number of gestures into the COVVI Hand grip patterns. We believe this will not only enhance communication but also encourage social acceptance and community engagement. A list of the our grip gestures are detailed below:



Rock Grip



Phone Grip



Two Fingers Grip



'Stick It' Grip



Thumbs Up Grip



Wave Grip



NON-OPPOSED GRIPS

Holding a Fork or Spoon

Key Grip



NON-OPPOSED GRIPS

Holding a Knife

Key (or Tripod) Grip



 **COVI Top Tip**
Tripod Grip can successfully be used to hold cutlery and kitchen utensils

NON-OPPOSED GRIPS

Carrying a Plate

Relaxed Grip, or Open Palm



COVI Top Tip

Placing fragile objects on the palmer aspect of the high-friction silicone glove will minimise movement

Carrying a Bowl

Relaxed Grip, or Open Palm



COVI Top Tip

Slightly closing the COVI Hand will increase the surface area between the fragile object and the high-friction silicone glove

NON-OPPOSED GRIPS

Pressing Buttons or Switches

Column Grip



Using a Keyboard

Finger Point or Tap Grip



NON-OPPOSED GRIPS

Clicking a Mouse

Mouse Grip



Using a Touch Screen

Finger Point or Tap Grip



NON-OPPOSED GRIPS

Holding a Phone

Relaxed Grip, or Open Palm



Tying Shoelaces

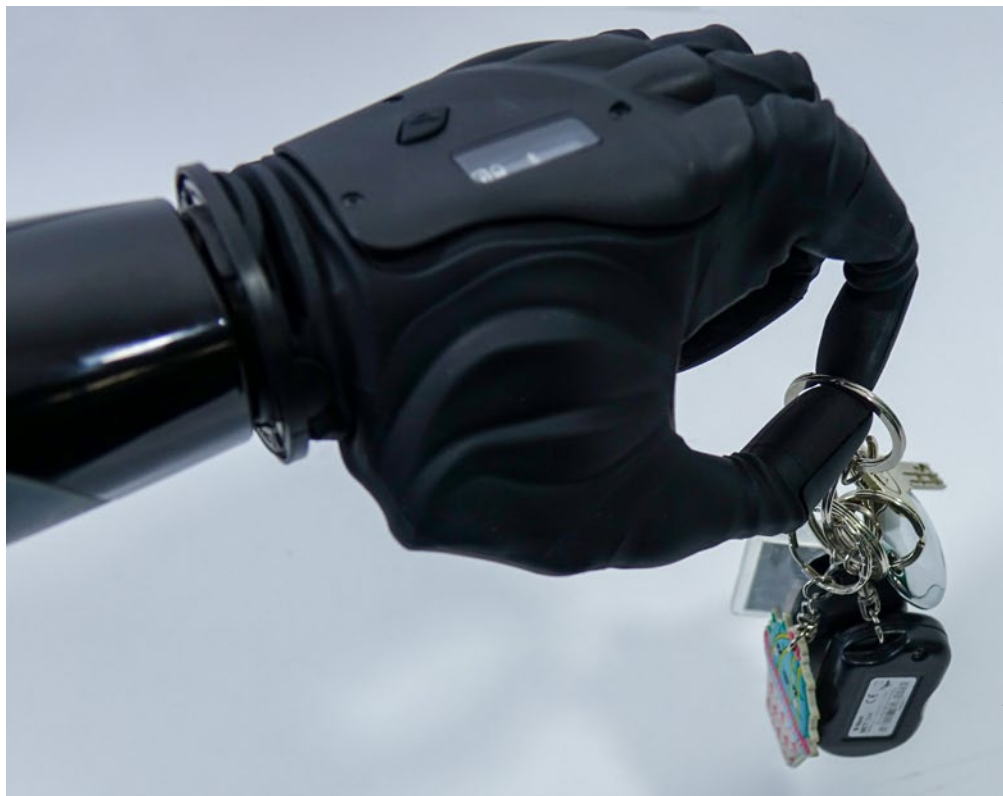
Key Grip (or Tripod)



OPPOSED GRIPS

Picking up Keys

Precision Open or Closed Grip



COVI Top Tip
Selecting Precision Close Grip provides an enhanced view of the object.

COVI Top Tip
Precision Open Grip allows for closer interaction with the object



OPPOSED GRIPS

Holding a Cup

Power Grip



COVI Top Tip

New users may benefit from pressing the Standby/Dorsal button when bringing cups to their mouth, preventing involuntary drops and spillages

COVI Top Tip

For heavier cups, position the ring and little finger underneath to provide additional support

Picking up Coins

Precision Open or Closed Grip



COVI Top Tip

For flat objects, use the high-friction surface of the fingertips to slide the object. Slowly grasp the overhanging edge of the object using either the Precision Open or Precision Close Grip

OPPOSED GRIPS

Putting on a Coat or Dressing

Glove or Power Grip



✔ COVVI Top Tip

When in position, pressing the Standby/Dorsal Button will prevent involuntary opening of the COVVI Hand inside your sleeves

Using a Spray Bottle

Trigger Grip



✔ COVVI Top Tip

Allow the thumb, middle, ring and little fingers to conform around the neck of the object, before ensuring that the index finger is effectively positioned on the trigger

OPPOSED GRIPS

Using a Zip or Doing Buttons

Precision Open or Closed Grip

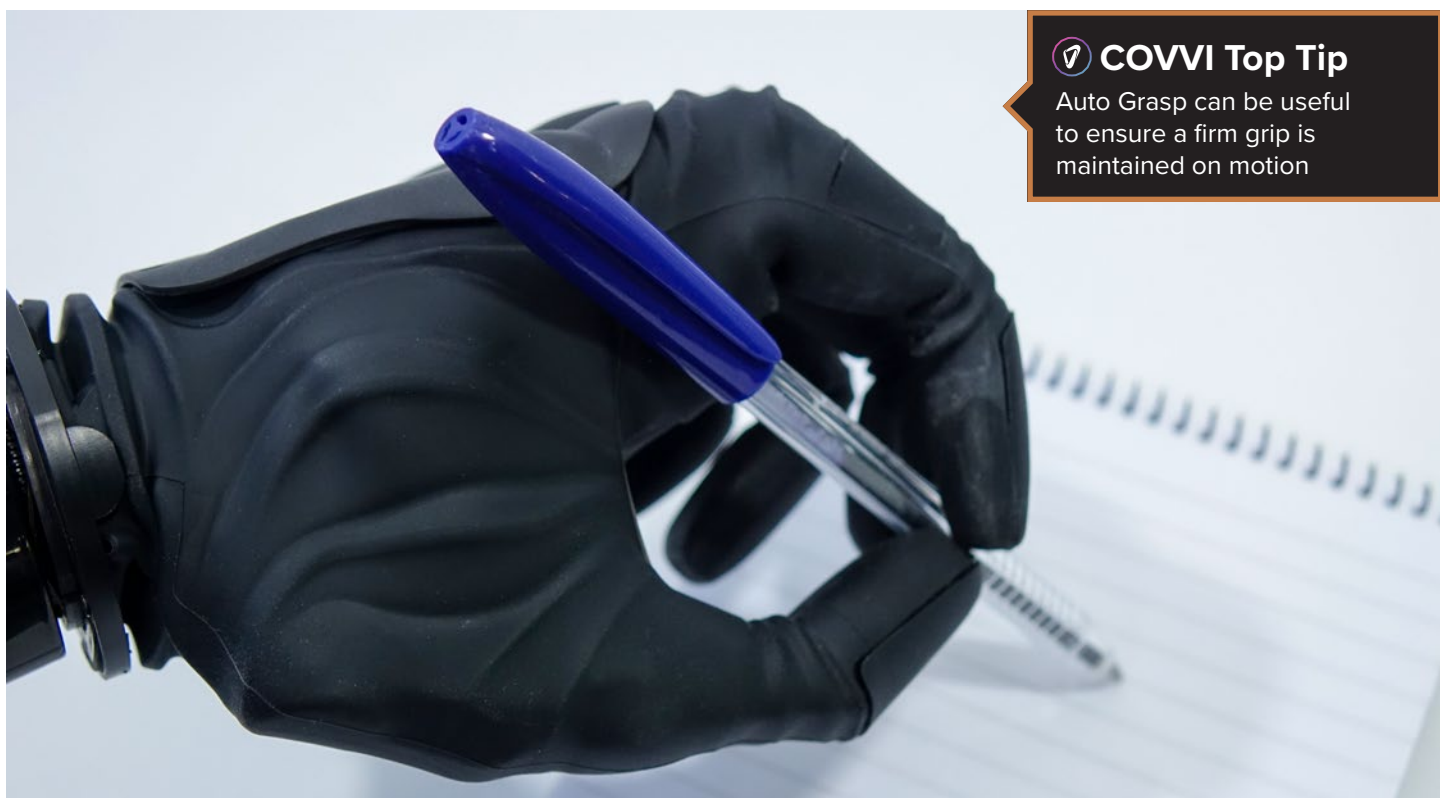


COVI Top Tip

To reach your midline when doing up zips and buttons, lock the wrist in 30 degrees of flexion

Writing

Tripod Grip



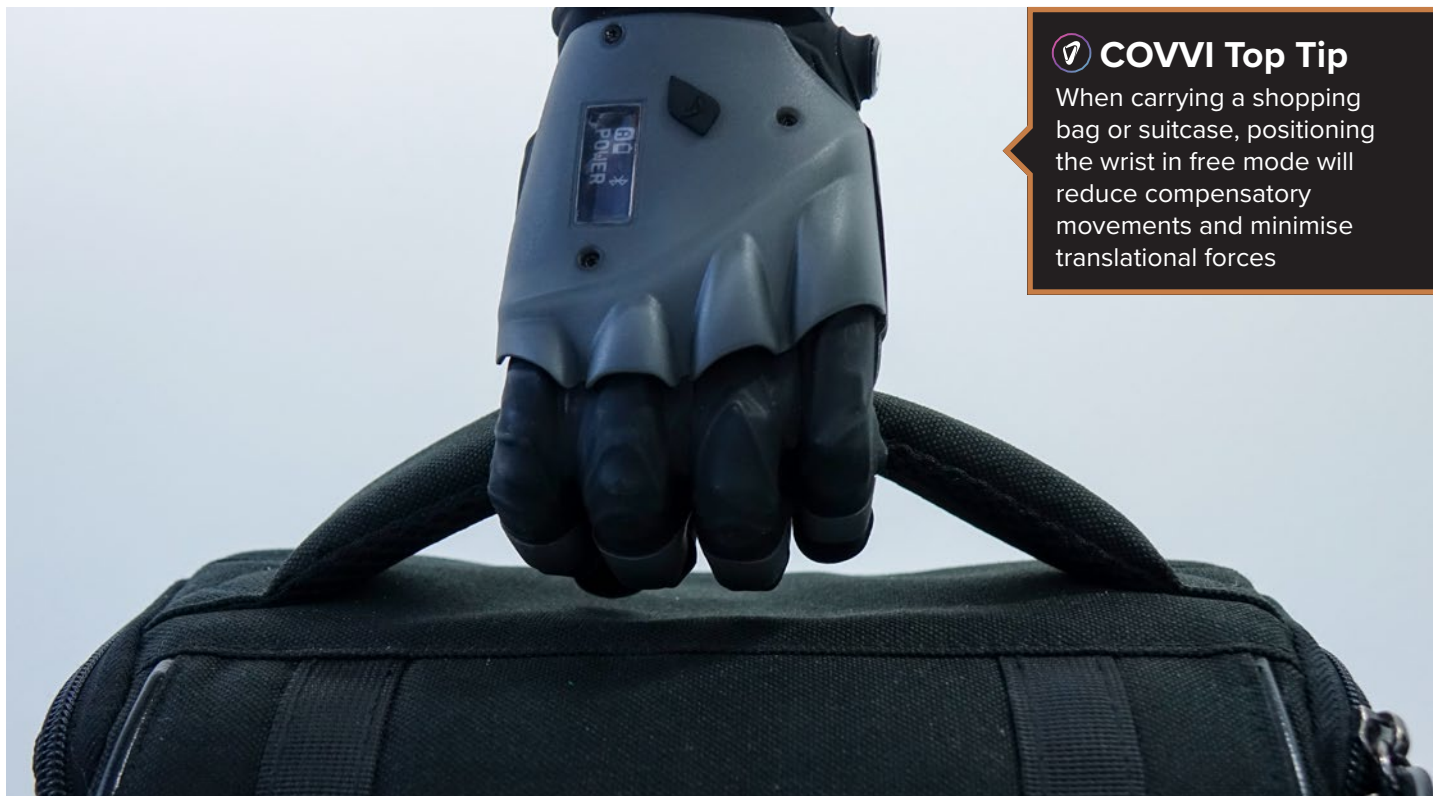
COVI Top Tip

Auto Grasp can be useful to ensure a firm grip is maintained on motion

OPPOSED GRIPS

Carrying a Bag

Power Grip



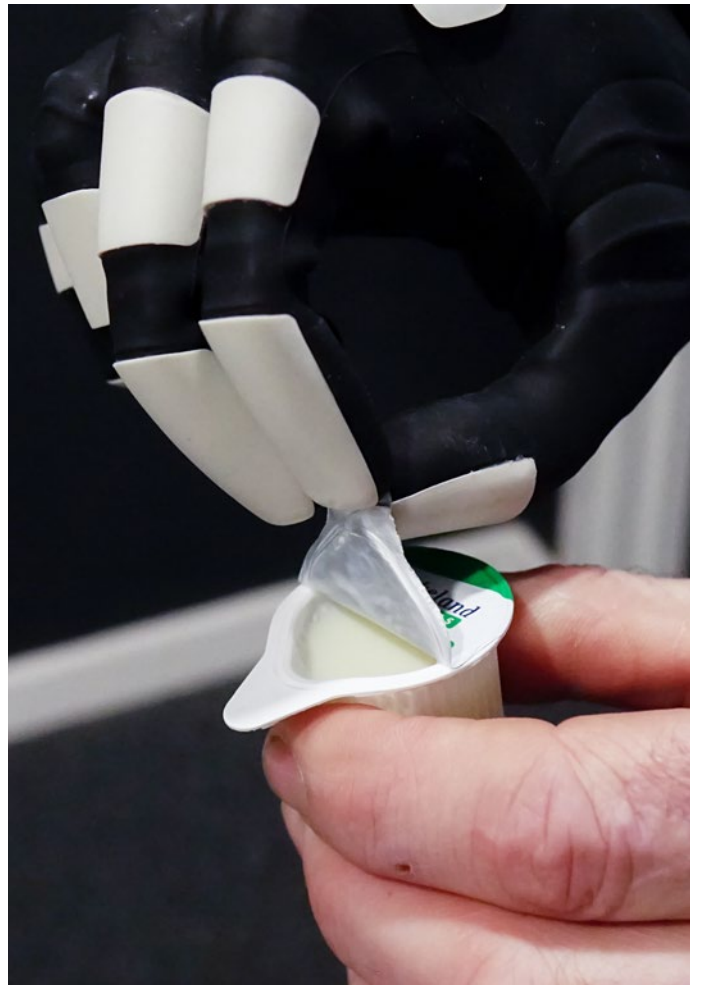
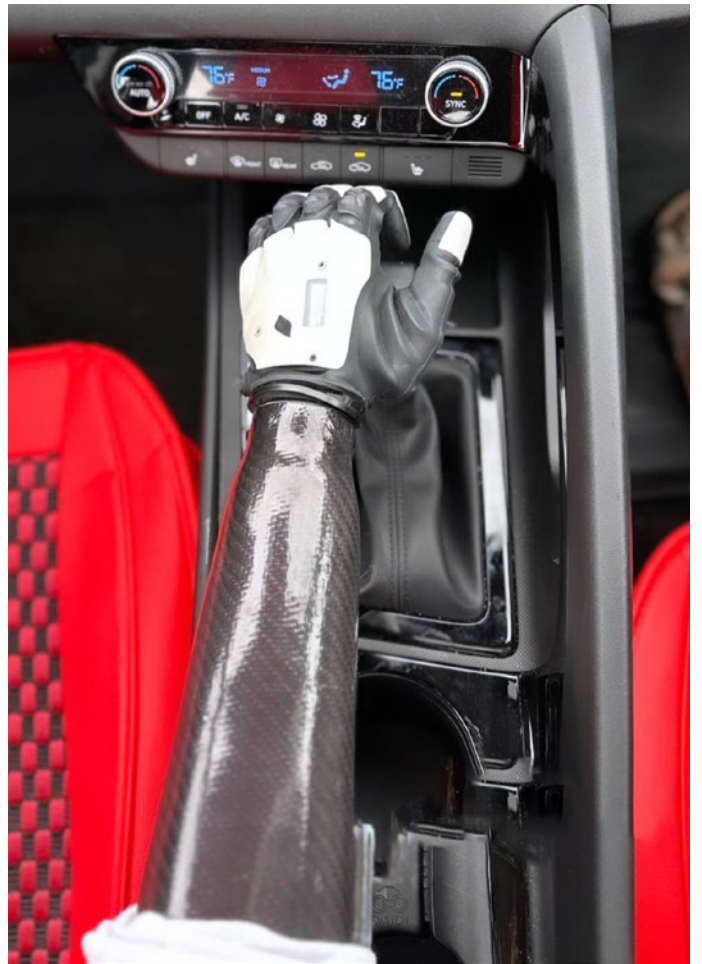
COVI Top Tip

When carrying a shopping bag or suitcase, positioning the wrist in free mode will reduce compensatory movements and minimise translational forces

Opening Door Handles

Power Grip







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