

## INDEX

Things in this book are listed in the order of the alphabet: **A B C D E ...**

Page numbers in **bold** tell you where to find the main reference in this book.

## A

**Adaptations in the home and community for the disabled, Chapter 51****Adapting aids and therapy to local situation**

- artificial leg (India), 3
- arm exercises grinding grain (Africa), 528
- bamboo limbs (Thailand), 625, **628-631**
- crutches from tree branches, A-1, A-2
- ground level seats and wheelchairs (Bangladesh), 590
- Jaipur foot (India), 636
- plastic bucket braces (Mexico), **550-553**
- village sign language (Mexico), 4
- walking on V-shaped path to stretch ankles, 82
- wheelchair adaptations, **590**, 622
- wrist and hand exercise, 11

**Aids and equipment**

- adapting the aid to the specific child, **Chapter 56**, 581, 589-593
- books on, 642
- developmental aids, **Chapter 62**
- for appearance or function, 531-532
- for bathing, 103, **345-348**
- for communication, 263, 578
- for correcting contractures, 5-7, **84-86**
- for crawling, 105, 309, 310, 507
- for dressing, 335-336
- for examining, measuring, recording, **Chapter 5**, 52-53, 578, 610
- for exercising, 82-83, 140-146, **Chapter 42**, 518, 578
- for feeding, 323, 326-332, 431, 501, 577
- for foot deformities, 7, 82-83
- for head protection, 235
- for holding and gripping, 5, 501, 577
- for holding legs apart, 5-7, 81, 93, 95-99, 573, 574, 583, 609-612
- for improving balance, 105, 298, 299, 312, 316-317, **576**
- for leprosy, 223-225
- for lying, 95, 96, 500, 571, 572
- for moving about, 93, 98, 172, 440, 507, 520
- for play and sport, 190
- for protecting burns, 231
- for protecting hands that do not feel, 223-225
- for sitting, 5, 95, 97, 98, 103, 111, 573
- for spina bifida, 168, 172, 174
- for standing, 99, 105, 151, 172, 185, 190, 500, 574-575
- for toilet training, 189, **342-344**, 577
- for turning pages, 501
- for using hands, 5, 189, 305-306, 316, 318, 578
- for walking, 65, 73, 99, 105-106, 149, 150-152, 172, 177
- for wheelchair transfers, 394-396
- for work, 6, 190, 501, 503, 507, 509, 588
- for writing and school aids, 501, 578
- hearing aids, 262
- making sure aids and equipment meet child's needs, 526-529

**Amputations** (limbs missing or cut off), **Chapter 27**

- amputated fingers, 232
- amputated hands, 227, **230**, 531-532
- amputated legs, 227-230
- artificial hands and hooks, 121, 227, **230**, 531
- care of newly amputated limb, 228
- emotional and social problems, 531-532
- from birth, 119, 121
- good positioning, 229
- tying shoes with one hand, 336
- (Also see Artificial legs, **Chapter 67**)

**Anemia**, 197, 201, **320****Arch supports and insoles**, 117-118**Arm**, incomplete or missing, 121

- paralysis from birth injury (Erb's palsy), 127-128

**Art by disabled persons**, 112, 437-440, 462, 463, 517-518**Arthritis, Juvenile. Chapter 16**

- aids for, 335-336
- applying heat before exercise, 132, 372
- aspirin, use of, 134
- causes, 136, 158

- how it is different from rheumatic fever, 129, 130
- exercises and positions, **138-152**, 368, 372-373, 387
- eye damage, 136
- how to care for painful joints, 132
- medicines for, 137
- precautions with exercise, 374-376
- signs of, 135
- three types, 136
- treatment of contractures, 147-149
- water therapy, 133, 144

**Arthrogyposis** (multiple contractures from birth), 122-123**Artificial hands, arms, hooks**, 121, 227, 230, 531**Artificial legs. Chapter 67**

- above-knee artificial leg, 521-522, **633-634**
- adapting limbs to local needs, 3, 521, 529, 531-532, 636
- bamboo limb, 521-522, **628-634**
- books on artificial legs, 642
- Jaipur limb and foot, 529, **636**
- leather and metal rod limb, 633
- leather sockets, 635
- measurements needed, 627, 633, 636
- OHI Limb Program (Thailand), 521-522
- short limbs for double amputees, 227
- stump protectors from old tires, 635
- using PVC plastic pipe, 632
- wooden legs, 635
- wrapping the stump, **228**, 626

**Aspirin**, for joint pain, 134**Assessment** (See Examination, Evaluation)**Ataxia** (See Balance problems)**Athetosis**, in cerebral palsy, 89**Awareness raising**, books on politics of disability, rehabilitation, and medicine, 641

## B

**Back knee** (knee bends back more than normal), 28, **44**, 61, 67, 69-70, 72**Back problems**

- backbone, 165-166
- identification of, 56-57
- spina bifida, 167-174
- spinal cord injury, **Chapter 23**
- spinal curves, 161-164
- tuberculosis of the backbone, 165-166
- with muscular dystrophy, 109, 112
- with arthritis, 135

**Back support clamps**, adjustable, 572**Back-board, standing board**, 574**Backbone** (See Spine, spinal)**Bag or lump on back, Chapter 21**

(Also see Spina bifida, Tuberculosis of spine)

**Balance problems** (ataxia), **90**

- aids to improve balance, 4, 105, 298, 299, 312, 316-317, 369, 424, 431, **576**
- in cerebral palsy 90, 104-105
- test for, 105


**Bathing and cleanliness, Chapter 39**, 475, 487-488**Bed sores** (See Pressure sores)**Beds, adjustable**, 572**Behavior problems and improvement, Chapter 40**

- behavioral approach to learning, 350
- books on behavior training, 641
- head banging, biting, and damage to self, 363-364
- ignoring bad behavior, 351-352
- in child with learning disability 365-366
- in the mentally slow child, examples, 349-355, 359-361
- in the physically disabled child, 356-358
- rewarding good behavior, 351
- rocking, 364
- stories about (See p. 12)
- tantrums, 362

- 'time out' (non-reward instead of punishment for bad behavior), 357
- Birth defects, Chapter 12**  
prevention, 124
- Bladder and bowel management**  
catheters, 204-208  
constipation, 212  
planning a bowel program, 212-214  
urinary infections, 170, **210-211**  
with spinal cord injury, **Chapter 25**  
with spina bifida, **Chapter 25**, 170
- Blindness and difficulty seeing, Chapter 30**  
books on blindness, 639  
braille alphabet, 253  
causes of blindness, **244-245**, 246  
CHILD-to-child activities, 447-454  
early stimulation of blind child, 247, **248**, 290  
eye poking, a dangerous habit, 247, 364  
how to use a stick, 251  
in multiply disabled child, 283  
misuse of eye medicines, 246  
prevention of blindness, 256  
school and the blind, 253-254  
social problems with, 246  
stories of two blind children, 247  
teaching blind child to walk alone, 250  
teaching the blind skills, 252-255  
testing for blindness, 452-453  
trachoma, 245  
with arthritis, 136, 245  
with Down syndrome, 245, 279  
with leprosy, 221-223  
work, 253, 255  
xerophthalmia (nutritional blindness), 244  
(Also see Eye problems)
- Body braces, jackets, supports**, 164, 558  
instructions for making, 558  
special seating with body supports, 95, 607-612  
wheelboards with body supports, 612
- Bone diseases, Chapter 13**  
brittle bone disease, 125  
rickets, 125  
tuberculosis of the backbone, 165-166
- Bone infections (osteomyelitis), Chapter 19**  
prevention, 159  
treatment, 160  
with pressure sore, 159  
with spina bifida, 173  
with spinal cord injury, 196  
with leprosy, 222
- Books about rehabilitation**, 637-642
- Bow legs**, 113  
in bone disease, 125-126  
normal in young child, 113
- Braces, Chapter 58**  
above-knee, 31, 66, 67, 72, 73, 539, 542-543  
adjustable braces for contractures, 85, 546, 560, **563-564**  
ankle straps, 116, 541, **548**  
backstops to control foot problems, 545  
below-knee brace, 30, 67, 70, 72, 111, 116, 148, 150, 160, 171, 225, 539, 542, 543, 550  
body brace (jacket), 73, 539, **558**  
different kinds, 539-540  
evaluation for, 30-32, 66-73, 106, 526-529, 539  
fitting leg braces, 542, 556  
foot lifts, for one leg that is shorter, 549  
for a weak knee, 545  
for cerebral palsy, evaluation for braces, 106  
for club feet, 115-116, 568  
for correcting contractures, 85-86, 148, 150, 541, 563-564  
for foot problems, 72, 116, 118, 121, 160, 225, 539, 545  
for hip problems, 156, 158  
for neck, arthritis, 152  
for polio, evaluation for braces, 66-73  
for spina bifida, 171-172  
for spinal curve, 73, 164, 539  
for TB of the spine, 166  
hand splints and braces, 148, 150, 221  
how to make metal rod braces, 542-549  
how to make plastic braces, 551-558  
knee hinges, 546  
knee pieces (straps), 542-543, **548**  
leg-separating braces, 156, 539  
low-cost braces and splints, 540  
night brace for foot and hip rotation, 539  
precautions concerning braces, 106, 526-529  
shoes and clogs for braces, 544  
(Also see Body braces)
- Brain damage**  
as cause of blindness, 245  
as cause of cerebral palsy, 91  
as cause of seizures, 233  
as cause of stroke, 55
- Breast feeding**, 321  
and HIV, 321  
to help prevent disease and disability, 74, 321  
with cerebral palsy, 87  
with cleft lip and palate, 120  
with Down syndrome, 281
- Breathing problems and assistance**  
holding breath during tantrums, 363  
in polio, 59  
in muscular dystrophy, 109, 111  
in spinal cord injury, 182
- Brittle bone disease (Osteogenesis imperfecta)**, **125**
- Burns and Burn Deformities, Chapter 28**  
healing of burns, 231-232  
in persons who do not feel, 181, 185  
prevention of burns, 232, 428  
prevention of scarring together of skin at joints, 231
- Bursitis**, 131

## C

- Calipers (See Braces)**
- Canes**, 394, 587  
different models, 587  
for the blind, 251  
how to use, 394  
with arthritis, 143, 393
- Carrying children with cerebral palsy**, 100, 303
- Casts**  
for arthritis, 147  
for club feet, 115, 566-568 precautions, 197, 561-562  
for hip problems, 156, 158  
for correcting contractures, 84-86, **560-562**
- Catheter**, 204-208
- Causes of disability, Chapter 3**  
from birth defects, 119-124  
medical and surgical errors, 16, 19, 91, 126, 192  
misuse of medicines, 15, 19  
pesticides and poisons, 15  
poor nutrition, 13  
poor sanitation, 13  
social causes and poverty, 13, 14  
war and terrorism, 20  
(also see individual disabilities)
- Centers of rehabilitation**  
(See Community Directed Programs)
- Cerebral palsy, Chapter 9**  
activities for, 96-100, 105, 302-305, 308-315  
aids, 323, 326-327, 329-332  
and deafness, 261  
athetosis (uncontrolled movement), 89  
balance problems (ataxia), 90  
bathing, **Chapter 39**  
books on cerebral palsy, 638  
carrying positions for, 100, 303  
causes, 91  
caution on use of development activities, 301  
communication, 106  
contractures, 101-103

- corrective actions and positions, 95-103, 334  
 developing skills, 106  
 different types of cerebral palsy, 89  
 dressing, **Chapter 37**  
 drinking, 326  
 early development, 104-105  
 early signs, 87  
 feeding a child with cerebral palsy, **Chapter 36**, 87, 92, 323, 326, 329  
 improving body control and balance, 105, 299, 306-307, 310-312, 316  
 jaw control, 323-324  
 medicines, 91  
 moving about, 93  
 physical examination, 24, 40, 41  
 positions for feeding, 322-323, 325, 326  
 prevention, 107-108  
 record sheets, 39-41  
 self care, 106  
 spasticity, 87-106, 89, 346  
 special seating and wheelchair adaptations, 285, 323-325, 329, 591, 607-612  
 toileting, **Chapter 38**  
 tongue thrusting, 324  
 tying shoes with one hand, 336  
 walking, possibilities for, 93  
 (Also see **Chapter 33-Chapter 43**, **Chapter 5**, **Chapter 62-Chapter 66**, **Chapter 8** and pages marked with )
- Child development, Chapters 34 and 35**  
 books on development, 640  
 causes of slow development, 287, 289  
 development of self-care skills:  
   toileting, **Chapter 38**  
   eating, **Chapter 36**  
   dressing, **Chapter 37**  
   bathing, **Chapter 39**  
 early stimulation, **Chapter 35**, 289, 295  
 evaluating child's physical and mental development, 49-50, 292-294  
 guidelines for helping a child's development, 297-299  
 normal child development, **Chapter 34**, 290-293  
 toys that help development, 316-318
- Child development activities**  
 for body control, balance and sitting, 306-308  
 for crawling, **309-310**, 436  
 for standing, walking, and balance, 311-312  
 for communication and speech, 313-315  
 to encourage rolling and twisting, 301, **304-305**  
 to develop gripping, reaching, and hand eye coordination, 301-302, **305-306**  
 to develop head control, 302-303
- CHILD-to-child activities, Chapter 47**  
 Activities about disabled children:  
   Understanding Children with Special Problems, 429-441  
   Children Who Have Difficulty Understanding, 442-445  
   Let's Find Out How Well Children See and Hear, 447-454  
 Testing Vision, 453  
 Testing Hearing, 450-451  
 how introduced, 428  
 list of disability-related CHILD-to-child activities not included in this book, 427-428  
 purpose, **428**
- Children, advice about whether to have and with whom**, 112, 124, 242, 281
- Chlamydia**, as a cause of blindness, 245
- Cleanliness** (See Bathing)
- Cleft lip and cleft palate**, 119, 120
- Club feet**, information about, **Chapter 11**, 114  
 methods for correcting club feet, 115-116, **565-568**  
 with dwarfism, 126
- Communication**, what is it, 257  
 activities for developing communication and speech, 313-315  
 aids, 106, 263, 578  
 development of early skills, 260-262  
 for the deaf child, **Chapter 31**  
   for children who hear but cannot speak, 261, 274  
   normal development of speech, 313  
   oral communication, 263-264, 274  
   total communication, 263-265  
   warning about methods with deaf children, 264  
   with hand signs, 266-273  
 (Also see Deafness)
- Community and the Disabled (Social Factors), Chapter 44**  
 attitudes of community toward the disabled, A-5 to A-7, 531-532  
 blind children in the community, 246-247, 255  
 building on skills, knowledge, and resources of the people, A-1 to A-2, A-10 to A-11, 264, 505  
 community participation, 405  
 community support for the family of a severely disabled child, 283  
 cruelty and misunderstanding, 246, 247, **402**, 413, 427, 531-532  
 deaf children in the community, 258-261, 264, 276  
 epilepsy (seizures) and community, A-5, **242**  
 helping children understand the needs of disabled children (See CHILD-to-child, **Chapter 47**)  
 leprosy and the community, 226  
 local beliefs (See Traditional beliefs, customs, attitudes)  
 need for disabled to organize, A-4, A-5, 16, 20, 404, 409, 532  
 overprotection, 403  
 social needs of disabled child, Part 2, **Chapter 44**, **Chapter 47**, 401, 404, 415  
 (Also see Education)
- Community Directed Programs, Chapter 55**  
 Centre for Rehabilitation of the Paralysed (Bangladesh), 509, **518**  
 Community-directed Rehabilitation Development (Pakistan), 328, 407, 499, 510, 511, **520**  
 Los Pargos, 499, **517**  
 Operation Handicap Internationale (OHI) Artificial Limb Program (Thailand, Kampuchea), **521**, 628-631, 634  
 Organization of Disabled Revolutionaries (Nicaragua), 407, 482, 483, **519**  
 Project PROJIMO (disabled villager-run rehabilitation program in Mexico-See PROJIMO)
- Community theater** (See Popular theater)
- Community-Based Rehabilitation** (See Village-Based Rehabilitation)
- Condom catheter**, 207
- Constipation** (See Bladder and bowel management)
- Contractures, Chapter 8, Chapter 59**  
 difference from spasticity, 79  
 examination and measurement of, 79-80  
 exercises and activities to combat contractures, 138-152, **Chapter 42**  
 how muscle imbalance causes contractures, 78, 139  
 how joint pain causes contractures, 138  
 joint capsule contractures, 80  
 knock-knee contractures, 81, 93, 101, 103  
 methods for correction, **Chapter 59**  
 of ankle and foot (tight heel cord), 80, 81, 101, 576, 577  
 of hips, 66, 71, 77, 79, 81, 101  
 of knee, 77-80, 101  
 prevention and management, 81-86  
 range-of-motion testing, 79  
 skin contractures, 231-232  
 when not to correct them, 72, 183  
 when there is spasticity, 102-103  
 with polio, 59, 61, 63, 66  
 with cerebral palsy, 101-103  
 with juvenile arthritis, 138-139, 147-149  
 with spinal cord injury, 181, 184  
 with an amputated leg, 229
- Contractures, multiple, from birth (Arthrogryposis), 122-123**
- Cretinism** (See Hypothyroidism)
- Crutches**, 393, 584-586  
 crutch tips, 587  
 deciding between crutches and canes, 143, 393, 526, 587  
 measuring and fitting, 393, 584  
 modified as walker, 579, 581  
 precautions with underarm crutches, 393, 526, 584  
 story about making crutches, A-1 to A-2  
 (Also see Walking aids)

**Cushions and padding**, for wheelchairs, 184, 200, 201, 607, 609, 624  
 for good positioning, 184, 607, 609  
 to prevent pressure sores, 184, 199-201

## D

### Deafness, Chapter 31

books on deafness, 639  
 causes of deafness, 258  
 common signs, 269-273  
 different ways to help a child communicate, 263  
 difficulty in communication, 257  
 hearing aids, 262  
 helping a child hear better, 262  
 helping child learn to make sounds and speak, 274  
 how deafness affects a child, 257-259, 447  
 lip reading, 275  
 lip reading compared to sign language, 264  
 National Association for the Deaf, 260  
 prevention, 276  
 sign language, 266-273  
 total communication, 263-265  
 with dwarfism, 126, 258  
 with hypothyroidism, 258, 282

### Deformities

due to loss of feeling and infection, 159, 167, 173, 215, 222  
 from birth, (See Birth defects)  
 of the back:  
   spina bifida, **Chapter 22**  
   spinal curve, **Chapter 20**  
   TB of the backbone, **Chapter 21**  
 of mouth and lips, 119, **120**  
 of hands, 119-121, 159, 281  
 of feet and toes, 120, 121, 167, 173, 281  
 of leprosy, 215, 218, 222-223  
 prevention, 223-225

### Development (See Child development)

### Developmental delay, Chapter 34 (Also see Chapters 32 and 33)

activities to help develop basic skills, **Chapters 35-40**  
 causes of developmental delay, 278, 289  
 evaluation of child, 36  
 in cerebral palsy 87, 104  
 in deaf children, 257  
 record sheet and chart for developmental delay, 22, 37-38, 292-293

### Diarrhea, rehydration drink, 108

### Diplegic, what is it, 90

### Disabilities, adapting the home and the community, 485-490

books about, 637-642  
 evaluating which deformities to correct, 530  
 evaluation of child's progress, **Chapter 5**  
 examining and evaluating the disabled child, **Chapter 4**  
 helping teachers and children understand disabled children, **Chapter 47**  
 identifying disabilities, **Chapter 6**  
 prevention, **Chapter 3**, 112  
 the child with several severe disabilities, **Chapter 33**

### Dislocations

as cause of painful joint, 131  
 elbow, 61  
 foot, 61  
 hip:  
   from birth, 155  
   surgery for, 156  
   tests for, 155  
   with arthrogyrosis, 122, 156  
   with cerebral palsy, 156  
   with Down syndrome, 156, 279  
   with dwarfism, 126  
   with polio, 61, 156  
   with spina bifida, 156, 167, 173  
 knee, 61  
 shoulder, 61

### Down syndrome (mongolism), 279-281

and flat feet, 117

and dislocated hip, 156, 279  
 and deafness, 258, 279  
 difference from hypothyroidism, 282  
 prevention, 281  
 signs, 279  
 (Also see Developmental delay, Mental slowness)

### Dressing, Chapter 37

aids for dressing, 335-336  
 ideas for easy dressing, 335-336  
 positions, 334  
 special clothing and footwear, 116, 118, 189, 225, 335-336

### Dry eyes (xerophthalmia, nutritional blindness), 224

### Dwarfism (short height), 126

### Dysreflexia, 187-188

## E

### Early stimulation (See Stimulation)

### Education, Chapter 53

aids for reading, writing, and drawing, 501  
 CHILD-to-child activities for school children, **Chapter 47**  
 choice of regular or special schools, 276, 497-500  
 education in and out of school, 497  
 schooling for blind children, 253  
 schooling for deaf children, 259-276  
 schooling for mentally slow children, 277, 280  
 training opportunities for work, 512  
 (Also see Stimulation; and Work possibilities and training)

### Emotional problems

of deaf child, 257-260  
 of parents of a child with several severe disabilities, 283-284  
 with spinal cord injury, 178-179  
 with amputations, 531  
 (Also see Behavior)

### Epidemiology (See Frequency of disabilities)

### Epilepsy (See Seizures)

### Equipment (See Aids and equipment)

### Erb's Palsy, arm and hand weakness from birth injury Chapter 14

### Evaluation

of a child's disability, **Chapter 4**  
 of a rehabilitation program, 480-481  
 tools for measuring progress with exercise or casts, 43-48  
 of child's progress, **Chapter 5**, 290-296

### Examination, of the disabled child, Chapter 4

### Exercises, Chapter 42

aids for, 82, 83, 229-230, 368-369, 373, 376, 388-392, 578  
 arm and shoulder (Erb's Palsy), 127-128  
 books on exercise, 640  
 examples of exercise instruction sheets for parents, 10-11, **382-391**  
 exercise through daily activities, 5-8, 11, 82, 83, 128, 186, 230, 528  
 exercise through fun, games, or work, 83, 128, 190, 230, 367, 369, 377, 389, 392  
 following burns, 232  
 for amputations, 229, 230  
 for arthritis, 138-152  
 for cerebral palsy, 102, 103, 105, 376, 377  
 for club feet, 115  
 for feet, 82-83  
 for hands, 379, 391-392  
 in leprosy, 224  
 in quadriplegia, 183  
 for polio, 63, 65, 69-70, 71, 75, 82, 84, 85  
 for spinal curves, 164  
 passive, assisted, and active exercises, 373  
 precautions when doing, 183, 374-376, 528  
 range-of-motion exercises (ROM), **Chapter 42**, 224, 368, **370-373, 378-381**  
 strengthening exercises, with motion, 139-142, 230, 367, 378, **388-391**  
 strengthening exercises, without motion, 132, 140-142, 367  
 stretching exercises, to correct contractures, 75, 83-85, 115, 229, 368, 372, **383-385**  
 summary of types of exercises, and examples, 367  
 to improve balance or control, 306-307, 325, 369

to improve positions, 96, 149, 164  
when are they needed? 367

### Eye problems

blue whites of eye (brittle bone disease), 125  
causes of blindness, 15, 136, **244-245**  
dry eyes (xerophthalmia), 244  
eye poking in blind or disturbed child, 247, 364  
eye to hand coordination, 40  
injuries, 223, 245  
iritis, **136**, 219, 221, 246  
night blindness, 244  
puffy eyes (hypothyroidism), 282  
slanting eyes (Down syndrome), 279, 282  
strange movements of eyes or lids, 40, 53, 240-241  
with arthritis, 136, 245  
with leprosy, 219, 222-223  
with Down syndrome, 245, 279  
(Also see Blindness)

## F

**Face**, puffy or round (See 'Moon' face)

**Familial disabilities** (problems sometimes inherited)

birth defects, 162, **Chapter 12**  
brittle bone disease, 125  
club feet, 114-116  
deafness, **Chapter 31**  
Down syndrome, 281  
dwarfism, 126  
muscle weakness, 109-111  
muscular dystrophy, 109-111  
muscular atrophy, 111  
seizures (epilepsy), **Chapter 29**

**Family Planning** (birth control), **494**

### Feeding, Chapter 36

best foods for baby and young child, 321  
the biscuit trick, 328  
correcting tongue thrusting, 324  
development of early skills, 319  
finger feeding, 325  
for child with cerebral palsy, 92, 319, 322-326, **329**  
good feeding positions, **322-323**, 325-326  
helping child learn to chew, 325  
helping spastic mouth with jaw control, 323-325  
helping child to drink, 326  
homemade eating aids, 323, 326, 327, **330-332**  
importance of breast milk, 74, **321**  
mothers with HIV and breast feeding, 321  
poor nutrition in disabled children, 320  
self-feeding, 326-327  
spoon feeding, 324  
step-by-step development of skill, 297

**Financing** of rehabilitation center, 482-484

**Fingers**, joined and deformed fingers, 120

**Fits** (See Seizures)

**Fits of anger** (tantrums), 241, **362-363**

### Flat feet, Chapter 11

correction, 117-118  
insoles and foot supports, 118  
with Down syndrome, 279, 281

**Flexikins**, for measuring contractures, 43-48

### Fluoride poisoning, 15

**Foot lift**, polio, 68

### Foot wear

additions, lifts, or wedges on soles, 68, 70, 117, 163, 549  
for artificial legs, 633, 634, 636  
for disabled child with special needs, 336  
for feet that do not feel, 224-225  
for flat feet, 118  
for kidney-shaped feet, 116  
in leprosy, 224-225  
lifts on shoes for shorter legs, 549  
with braces, 116, 540-543, **544**, 545, 548, 550

**Frequency of disabilities**, A-5 to A-8

in boys and girls, A-12

## G

**Games**, for learning about disabilities (See CHILD-to-child, **Chapter 47**)

(Also see Toys; Playground equipment)

**Gardens and farming**, aids for, 507, 588

for blind, 507, 509

for wheelchair riders, 507, 517

**German Measles in pregnancy**, as a cause of different disabilities, 91, 119, 245, 258

**Gonorrhoea**, in eyes, 245

in joints, 131

**Gums** (See Teeth and gum care)

**Gurney** (See Wheeled bed)

## H

**Hand use and control**, development of, 297, 301

hand-eye coordination, 40, 298

toys and games, 316-318, 468-469

**Hansen's Disease** (See Leprosy)

**Hare lip** (See Cleft lip)

**Headaches**, in persons with spinal cord injuries (sign of dysreflexia), 187-188

**Head banging**, 363

**Head size**, chart for recording, 41

big head (Hydrocephalus), 41, 167, **169**

as cause of blindness, 167, 245

caused by tapeworm, 52

in spina bifida, 41, 52, 167, 278

surgery for shunts, 169

small head (microcephalus), 41, 278

**Heart damage**, in Rheumatic fever, 154

**Heat treatments**, 132 133

for painful joints, 132, 372

to reduce spasticity, 102

with hot wax (paraffin), 132

with hot water, 102, **132**

**Hemiplegic**, what is it, 90

**Hip problems, Chapter 18**, 34

contractures (See Contractures, hip)

dislocated hips, **155-156**, 167 (Also see Dislocations, hips)

exercises for, 373, 377, **380, 385**

hip problem with arthrogryposis, 122

hip problem with dwarfism, 126

hip problem from birth, 155

hip tilt resulting from short leg, 34, 163

Legg-Perthes disease, 158

painful hip, 130, **155-158**

spasticity causing hip problem, 156

telescope test, 156

tests of strength of hip muscles, 31

weakness, 59, 69, 71, 73

**Hip band** (pelvic band), 73, 539, **547**

**History taking** (See Record keeping)

**Honey and sugar**, to treat burns and sores, 202, 231

**Houses and community**, adaptations for disabled persons, 485-490

walkways and trails, 251, 489

**Hydrocephalus** (See Head size, big head)

**Hyperactive (overly active) child**, 365 366

**Hypothyroidism** (cretinism), **282**

## I

**Ibuprofen**, for joint pain, 134

**Identifying Disabilities**, charts for, 52-58, 130-131

**Infantile paralysis** (See Polio)

**Inherited or familial disabilities** (See Familial or inherited disabilities)

**Injections**, overuse and misuse, 16, 18-20, 60, 192

disinfecting equipment for, 19

**Insoles**, for the correction of flat feet, 118

(Also see Arch supports)

**Iritis**, **136**, **219**, 221, 246

treatment, 137

## J

**Joint**, contractures of (See Contractures)  
 dislocated (See Dislocations)  
 exercises, **Chapter 42**, 139-149  
 fused joints, 56, 135, 137  
 over-stretched joints, 28 (Also see Back knee)  
 painful joints, **Chapters 15-18** (also see Knee pain)  
 range of motion, testing, 27-29, 79  
 spasticity, 89  
 stiffness of joints, 52, 122, 135  
 stiffness with arthrogryposis, 122

**Joint Pain, Chapter 15**

chart of causes and treatment of chronic joint pain, **130-131**  
 guidelines for treatment, 132-134

**Juvenile Arthritis** (See Arthritis, juvenile)

## K

**Knee jerks** (tendon reflex), testing, 39-40

with polio, 40, 59  
 with cerebral palsy, 40

**Knee pain**, as a sign of a hip problem, 157  
 below-knee pain (Osgood-Slater's problem), 130  
 causes of joint pain, chart, 130  
 with arthritis, 135, 143-146  
 with rheumatic fever, 153

**Knock-knees, Chapter 11**

as a cause of flat feet, 114  
 correction, 114

with contractures, 77, **101**  
 with spastic cerebral palsy, 89, 90, **101**

**Kyphosis (rounded back)** (See Spinal curves)

## L

**Language** (See Communication; Deafness)

**Lapboards**, tables and trays, 605-607, **611**

**Lathyrism**, A-7, 15

**Latrines** (See Toilets)

**Learning** (See Development, Education, Behavioral approach to development)

**Learning disabilities in children of normal intelligence, Chapter 41**

**Leg length**, difference in, 34, 61  
 raised soles or 'lifts' for, 549

**Legg-Perthes disease**, 157-158

**Legs**, bow legs, 113, 125  
 differences in length, 34  
 incomplete or missing, 121  
 knock-knees, 113-114

**Leprosy, Chapter 26**

aids, 221, 223-225  
 books on leprosy, 638-639  
 cause, 215  
 checking children for, **216**, 226  
 community acceptance and attitudes, 226  
 deformities, causes and prevention, 222-225  
 diagnosis and types of leprosy, 217-218  
 foot wear, 224-225  
 pressure sores (ulcers), **Chapter 24**, 222-225  
 prevention, 226  
 reactions, 219  
 signs, 216  
 traditional beliefs, 215, 226  
 treatment, 220-221

**Lift or raised soles**, on shoe for short leg, 68, 163, **549**

**Limbs missing or cut off** (See Amputations)

**Lordosis (swayback)** (See Spinal curves)

**Los Pargos**, 112, 517

**Love, Sex, and Marriage of Disabled Persons, Chapter 52**

marriage and family possibilities of persons with spinal cord injury, 178  
 mentally slow child and sex, 495  
 sex education, 496

**Lying aids**, 95, 96, 98, 105, 198, 199, 302, 310, **571-572**, 574, 618

## M

**Malnutrition**, and poverty, 13-14  
 and the disabled child, 13, 125, **320**

as a cause of:

birth defects, 119, 124  
 deafness, 258, 282  
 hypothyroidism, 282  
 night blindness, 244  
 nutritional blindness (xerophthalmia), 244  
 premature birth (cerebral palsy and multiple disabilities), 91  
 rickets, 125  
 short size, 126

prevention of malnutrition, 321

**Marriage** (See Love, Sex, and Marriage of Disabled Persons)

**Measles**, as a cause of disabilities, 91, 245

**Measuring**, head size, 41

hip angle, 34, 163  
 leg length difference, 34, 163  
 range of motion, 43-47  
 rib hump with spinal curve, 163  
 tools for measuring joint positions, 43-47  
 vision, 452-453

**Medicine**

for acid in stomach, 134  
 for arthritis, **134**, 137  
 for bone infections, 160  
 for cerebral palsy, 91  
 for eyes, 137, 221, 223, **244-246**  
 for learning disabilities and over active child, 366  
 for leprosy, **220-221**, 223  
 for pain, 134, 137  
 for prevention of polio, 74  
 for rheumatic fever, 154  
 for seizures, 237-242  
 for softer stool and regular bowel function, 213  
 for tuberculosis, 166  
 for urinary infection, 211  
 overuse and misuse, 18-20, 157  
 problems caused:

birth defects, 119, 239  
 by aspirin, 134  
 by corticosteroids, 137, 239, **246**  
 by eye medicines and home cures, **246**  
 by growth hormones, 126  
 by indomethacin and phenylbutazone, 137  
 by phenytoin, 238  
 during pregnancy, 119, 239  
 swollen gums, 238  
 swollen 'moon' face, 137

**Meningitis**, as cause of disabilities, 91, 233, 245  
 signs and symptoms, 108

**Meningocele** (See Spina bifida)

**Mental Development**, evaluation, 36; chart, 293

**Mental illness**, 278

**Mental retardation** (See Mental slowness)

**Mental slowness, Chapter 32**

and cerebral palsy, 87, **88**, 104  
 causes of, 278  
 child with several severe disabilities, 283-285  
 Down syndrome, 279-281  
 helping the mentally slow, 280-281  
 hypothyroidism, 282

**Missing arms, legs or body parts** (See Amputations and Birth Defects)

**Mongolism** (See Down syndrome)

**Moon face** (puffy round face), from corticosteroids, 137

with Down syndrome, 282  
 with hypothyroidism, 282

**Moving injured persons**, 180

**Multiply disabled child** (See Several severe disabilities, **Chapter 33**)

**Muscle imbalance**, a cause of contractures, **78**, 129, 138, 183  
 with arthritis, **138-140**, 141-146

**Muscle jerking**, repeated (clonus), 176

**Muscle tightness** (See Spasticity)

**Muscle strength**, testing and evaluating, 26, **30-33**

**Muscular atrophy**, 109, **112**, **525**  
**Muscular dystrophy**, **Chapter 10**, 369  
**Myelomeningocele** (See Spina bifida)

## N

**Nervous system**, what is it, **35**  
 record sheet for, 39-41  
**Nutrition** (See Feeding, Malnutrition)

## O

**Occupational therapy**, what is it, 3  
**Onchocerciasis** (river blindness), 245  
**Operation Handicap Internationale's (OHI) Artificial Limb Program—Thailand/Kampuchea**, 521-522  
**Oral rehydration**, 108  
**Organization of Disabled Revolutionaries—Nicaragua**, 519  
**Organization of rehab centers and programs**, 477-479  
**Osgood-Slater's problem** (pain below knee), 130  
**Osteogenesis imperfecta** (brittle bone disease), 125  
**Osteomyelitis** (See Bone infections)  
**Outhouse** (See Toilet)

## P

**Painkiller** (See Medicines for arthritis; Aspirin)  
**Parallel bars**, 415, **417**, 425, 579, **580**  
**Paralysis** (muscle weakness)  
 floppy (flaccid) paralysis, 59, **Chapter 7**  
 from arthrogryposis, 122  
 from cerebral palsy, **Chapter 9**  
 from Erb's palsy (one arm and hand), 127  
 from Guillain-Barre (temporary paralysis), 54, **62**  
 from lathyrism, **15**, 54  
 from leprosy, 216, 222, 224  
 from medicines or injections, 15, **18-20**, 60, **74**  
 from muscular dystrophy, 109  
 from pesticides and poisoning, 15  
 from polio, **Chapter 7**  
 from preventable causes, 15  
 from spina bifida, 168  
 from spinal cord injury, 175  
 from stroke, 55  
 from tick bite, 54  
 from tuberculosis of spine, 165  
 guide for identifying cause, 54-57  
 infantile paralysis (See Polio)  
 of hands, 5, 127, 216, 221  
 progressive, 109, 216  
 spastic, 90  
**Paraplegia**, **Chapter 23**  
 with cerebral palsy, 90  
 with spinal cord injury, 175, **Chapter 23**  
 what is it, 90  
**Peeing problems** (See Bladder and bowel management)  
**People-centered approach**, running a program, A-10 to A-11, 405-406, 477-481, 515-522  
**Phenobarbital (phenobarbitone)**, 236, **237**  
**Physical development**, chart for evaluation, 292  
**Physical examination**, **Chapter 4**  
 chart for evaluating muscle strength, 33  
 for differences in leg length, 34  
 for curves in spine, 34, **162-163**  
 of child with polio, **67-68**, 69  
 record sheets, 39-41  
 tests for range of motion of joints, 27-29  
 tests for strength of muscles, 30-33  
 tests for dislocated hip, 155, 156  
**Plaster bandage for casts**, homemade, 569  
**Plaster casts** (See Casts)  
**Play and sport** (See Toys)  
**Playground equipment**, 7, 299, 312, 316, 317, 369, **Chapter 46**, 431  
 books on playgrounds, 641  
 precautions and suggestions, 426

**Playground for all children**, **Chapter 46**, 414

**Playthings** (See Toys)

**Poisoning as a cause of disability**, 15  
 (Also see Medicine, problems caused by)

**Polio (poliomyelitis)**, **Chapter 7**

back-knee, 61, 67, 69-70, 72, 548-549  
 books about polio, 637  
 braces, 30-32, **66-73**  
 causes, 14, 60  
 common deformities, 61  
 contractures with polio, 17  
 disabilities confused with polio, 62  
 evaluation of needs, 39, 66-73  
 exercises, 63-65, 67, 69-70, 71  
 foot lift for drop foot, 68  
 how common, 60  
 identification, 59  
 other parts of book useful for polio, list, 75  
 possibilities for walking, 71  
 prevention (vaccinations), **14**, 16, 19-20, **74**  
 progress of a child with polio, 65  
 rehabilitation aids, 65 (Also see Aids)  
 secondary problems, 17, 61, 75  
 spinal curve with polio, 61, 66  
 stories of children with polio, A-1, 69-70, 356, 437-441  
 treatment during and soon after illness, 63

**Poor nutrition** (See Malnutrition)

**Popular theater**, **Chapter 48**

A Handicapped Child Discovers New Life, 458  
 CHILD-to-child role plays to promote understanding, 433, 443, 445  
 children's theater, 433  
 Helping Your Neighbor, 456  
 Measles Monster, 455  
 role play: children help child with polio, 433  
 skit about injections causing polio, 16, 74

**Positions**,

aids for improving position, 81  
 books on positioning, 640  
 for cerebral palsy, 95-98, 100, 102, 299, 315, 334, 335, **607-612**  
 for dressing, 299, **334-335**  
 for feeding, 322-323, 325, 326, 329  
 in school, 500  
 positioning in special seats and wheelchairs, 589, 591, **605-612**  
 (Also see Seating, special)  
 to prevent contractures, 81, 83  
 with polio, 63, 65  
 with spinal cord injury, 179, 182, 184, **198-199**

**Pott's disease** (See Tuberculosis of the backbone)

**Poverty**, a cause of disabilities, 13, 165, 215

**Pregnancy**, precautions to protect infant, **107**, 119, 281

**Pressure sores**, **Chapter 24**

and bone infection, 159, 222  
 folk treatments, 194, **202**  
 prevention, 173, 197-200  
 treatment, 201-202  
 with casts, 197  
 with leprosy (ulcers), 215, **222-225**  
 with spina bifida, 167, 173  
 with spinal cord injury, **181-182**, 185, 188, 194

**Prevention** (Also see end of chapters on disabilities)

of disabilities, **Chapter 3**, 112  
 of secondary problems, 16-18

**Programs of rehabilitation** (See Community-directed programs)

**PROJIMO Program of Rehabilitation Organized by Disabled Youth of Western Mexico**, 403, 414, **515-516**

changing attitudes toward disabled, 403  
 children's toy-making shop, 463-464  
 community theater production, 456-462  
 help with vaccination, 16  
 love, sex, and social adjustment, 491-492  
 organization, management and financing, 477-484, 537  
 playground for all children, **Chapter 46**, 411  
 rehabilitation workshop, 484, **533-538**  
 schooling, 499

spread to other villages, 414  
 stories of persons at PROJIMO, A1-A2, 123, 150-152, 192-193,  
 403-404, 458-461, 478-479  
 team members, Thanks page  
 'Welcome to PROJIMO' leaflet, 481  
 wheelchairs made at PROJIMO, 613-624

**Prosthetics** (See Artificial legs and Artificial hands, arms, and hooks)

## Q

**Quadriplegia** (tetraplegia), what is it, 90  
 with spinal cord injury, 175

## R

**Ramps**, 485, 487, **489**, 490  
**Range of motion exercises** (See Exercises)  
**Range of motion of joints**, methods for testing, **27-29**, 79  
**Record keeping**  
 for rehabilitation workers, 22  
 history taking, 22  
 record sheets, 37-41  
 recording a child's progress and development, **Chapter 5**,  
 294-295  
 using 'flexikins', 44

**Record sheets**,  
 1) for child's history, 37-38  
 2) for physical examination, 39  
 3) for nervous system, 40  
 4) factors that affect child development, 41  
 5) for evaluation of progress (child over 5), 50  
 6) child development (under 5), 292-293  
 for the costs, income, and services of a community  
 program, 484  
 for head size, 41  
 purpose of record sheets, 22, 36

**Reflexes**, great toe reflex, 40  
 many tendon jerks (clonus), 176  
 tendon (see knee jerk), 40  
 tiptoeing reflex, 93

**Rehabilitation**, what is it, 3  
 books about, 637

**Rehabilitation workshops** (See Workshops for making aids and equipment)

**Retardation** (See Mental slowness)

**Rheumatic Fever**, 129, **Chapter 17**

**Rickets**, 125

**Rights and dignity of disabled persons**, 13-15, **402**  
 disabled persons as leaders and workers of rehabilitation  
 programs, 191, 406, 408, 515-516, 519, 521  
 problem of overprotection, 403  
 respecting the child's wishes, A-10 to A-11, 3-11, **525-526**

**River blindness** (onchocerciasis), 245

**Rocking**, 247, **364**

**Role plays** (See Theater)

## S

**Sanitation**, 13  
 and polio, 60

**School** (See Education)

**Scoliosis** (See Spinal curves)

**Seating, Special and adapted**  
 adaptations of seating aids to specific needs, **Chapter 65**,  
 589-591, **607-612**  
 books about seating and positioning, 604-606  
 decisions about special seats, **Chapter 64**  
 for positioning the child, 95, 323, 326, 573, 607, 608, 609, 610  
 for child with cerebral palsy, 95, 97, 98, 105, 285, 308, 323, 325,  
 326, 329, 591, 607-612  
 for spina bifida, 174  
 for severely disabled child, 285  
 measuring and fitting, 591, **602**  
 placement of straps, harnesses, body guides, 95, 326, 527, 607,  
 609-612

precautions, 326, 527, 592, 615  
 sitting aids, 5, 95, 97, 98, 103, 111, 308, 323, 416, **573**  
 sitting frames for wheelchairs, 607-612 (Also see Wheelchairs)

**Secondary disabilities**, A-9  
 prevention, 16-20  
 with spinal cord injury, 181

**Seizures** (epilepsy) **Chapter 29**  
 and cerebral palsy, 88  
 and mental slowness, 234, 240  
 community acceptance, A-5, 242  
 fits of anger (tantrums), 241, **362-363**  
 prevention, 242  
 chart of types of epileptic seizures, 240-241  
 medicines to prevent seizures, 235-239  
 protection of child during seizures, 235

**Self-care skills** (See Development, self-care skills)

**Self-harm**, 363, 364 (Also see Behavior)

**Severely severe disabilities**, **Chapter 33**, 433

**Sex** (See Love, Sex, Marriage and Disabled Persons)

**Shitting problems** (See Bladder and bowel management)

**Shoes** (See Foot wear)

**Short leg** (See Leg length, differences)

**Shortness**, short height (Dwarfism), 126

**Side-lying frames**, 572

**Sign language** (Also see Deafness), 263, 264, **266-273**  
 as part of total communication, 264, **265**  
 learning to sign, 267-270  
 story about, 4  
 useful signs, 270-273

**Skin grafts**, 232

**Sores that keep coming back**  
 osteomyelitis, 159  
 pressure sores affecting the bone, 173, **196**, 222  
 tuberculosis of spine, 165

**Spasticity**, 89  
 difference from contractures, **28, 79**, 101  
 in cerebral palsy, most of **Chapter 9**  
 in spinal cord injury, **176**, 183  
 leading to contractures, 101  
 relaxing spastic muscles, 102-103  
 testing range of motion in child with spasticity, 28-29  
 when bathing, 103, 345  
 when feeding, 103, **322-324**, 326, 329  
 when dressing, 334  
 when exercising, 376  
 (Also see Positioning, Cerebral palsy)

**Speech** (See Communication)

**Spina bifida**, **Chapter 22**  
 aids for, 170, 171, 172, 174  
 bladder and bowel management, 170, **Chapter 25**  
 books about, 638  
 contracture prevention, 171  
 degrees of disabilities with, 168  
 hydrocephalus (big head), 167, **169**  
 prevention and treatment of pressure sores, 167, 173,  
**Chapter 24**  
 treatment, 169

**Spinal cord injury**, **Chapter 23**  
 books about, 638  
 bowel problems and control, 178, 187-188,  
**Chapter 25**  
 causes of quadriplegia and paraplegia, 175  
 contractures, 182-184  
 early care of spinal injury, 180  
 future for person, 166, **176-179**, 191  
 level of injury, **168, 175**, 176  
 loss of feeling, 175  
 moving and carrying an injured person, 180  
 physical therapy and good positioning, 182-184  
 physical re-education, 185-187  
 pressure sores, prevention and treatment, 181-182, **Chapter 24**  
 possibilities for walking, 177  
 prevention, 14  
 programs run by spinal cord injured, 518-519  
 secondary problems, 181  
 self care, 189



sex and marriage, **178**, 492  
 spasticity, 176  
 urinary problems and control, 178, 181, 187-188, **Chapter 25**  
 work by spinal cord injured persons, 179, **191**, 192-193

### **Spinal curves, Chapter 20**

different kinds, 34, 39, **161**, 162  
 braces for, 164  
 examining for, **34**, **162-163**  
 exercises for swayback, 164, 369  
 rounded back (kyphosis), **34**, 57, 161, 164  
 scoliosis, **34**, 56, 61, **161-164**  
 swayback (lordosis), 34, 57, 101, **161**, **164**, 369  
 tuberculosis of the backbone, 161, **Chapter 21**  
 with polio, **61**, 66  
 with spina bifida, **167**

### **Spine (backbone)** (See Spinal curves)

bones of, 34, 161, **168**, **175**  
 deformities of, **Chapter 20**  
 level of injury and amount of paralysis, 168, 175  
 normal shape, 34, **161**

### **Splints** (See Braces)

**Sport**, 190 (Also see Toys; Playground equipment)

**Sprains**, torn ligaments, 131

### **Standing aids** (Also see Walking aids, Braces) **574-575**

aids for pulling to standing, 105, 311-312, 419, 486  
 standing tables, 99, 500, **574-575**  
 standing frames, 99, 151, 172, 190, 500, **574-575**  
 standing boards, 185, 190, 574  
 wheeled standing frame, 190, 229

### **Stimulation**, activities for development, **Chapter 35**

as part of CHILD-to-child, 435  
 early, **289-290**, 291, **Chapter 35**  
 guidelines to help a child develop, 297-299  
 need for extra stimulation, 295  
 of blind child, 247, 248, **290**  
 steps in designing an early stimulation program, 296  
 toys for early stimulation, 317, **468-470**  
 (Also see Child Development)

**Stories**, list of stories in this book, 12

### **Strange movements**

of body, 89, 233  
 of eyes, 40, 240, 241

### **Strength of muscles** (See Exercises)

testing, 27, **30-33**

**Strep throat**, as cause of Rheumatic Fever, 153

**Stump care**, after amputation, 228-230

### **Surgery**

for amputation of arms or legs, 230, 532, 625  
 for bone infections, 160  
 for burns and burn deformities, 232  
 for cerebral palsy, 91  
 for cleft lip and palate, 120  
 for club feet, 116  
 for Down syndrome, 281  
 for hand problems, 120, 232  
 for hip problems, 156, 158  
 for hydrocephalus, 169  
 for polio, 63  
 for pressure sores, 202  
 for spina bifida, 156, 169, 173  
 for spinal cord injury, 176, 181  
 for spinal curve, 164  
 for tuberculosis of spine, 166  
 to correct contractures, 17, 63, **84**  
 to correct deafness, 262  
 warnings and precautions, 17, 63, 84, 530

**Swallowing difficulty**, with cerebral palsy, 322-324, 326

**Swayback (lordosis)** (See Spinal curve)

**Swimming**, for therapy and fun, 65, 133, 143, 158, 432

## T

**Tables and Trays** (See Lapboards)

**Tantrums (Fits of anger)**, **362**, 363

stories of children with tantrums, 350-353, 354, 359-361

**Tape recorder**, 253, 366

**Teaching, training** (See Education)

**Teeth and gums**, 238, **348**

**Tendon reflexes** (See Knee jerks)

**Tetanus**, 233

**Tetraplegia (quadriplegia)**, **90**, **175**

**Theater** (See Popular theater)

### **Therapy, Chapter 1**

books on therapy, 640  
 making it functional and fun, **Chapter 1**  
 what is it? 3

**Therapy baths** (See Water therapy)

**Tick paralysis**, 54

**Tires (tyres)**, use of old car and bicycle tires and inner tubes, **418-425**

for exercise aids (tubes), 148, 373, 376, 422, 576

for playground equipment, **418-425**

for rehabilitation aids, 105, 148, 150, 200, 201, 344, 346, 421, 545, 587, 590, 595-597, 601, 616, 621, 624, 631, 634, 635

for shoes, sandals, and clogs, 225, 543-544

**Toes**, deformed toes, 121

### **Toilet training, Chapter 38, 577**

books on toilet training, 641

### **Toilets, potties, and latrines**

built into wheelchairs, 189, 619, 621  
 designs for, 189, **341-344**, 436, 487

### **Tools and equipment**

for an aids-making shop, 536  
 for making plastic braces, 551  
 for making toys, 465-466  
 for making wheelchairs, 614  
 for measuring joint positions and contractures, 43  
 (Also see Measuring, tools for, 43-48)

### **Toys**

a children's workshop for making toys, **Chapter 49**

books on toys, 641

children making toys, 356, 365, 463, 464, 467, 468

for bathing, 347

for early stimulation, 317, 468-470

for toilet training, 341

ideas for homemade 'music', 469

ideas for homemade toys, 299, 317, 365, 463, **468-476**

playthings and games, **463-476**, **Chapter 49**

to encourage looking and listening, 317, 468-469

to help understanding, 429-431, 442-444, 447-450

tools needed, 465-466

toys for blind child, 248, 249, 252, 254, 265

toys to develop hands and mind, 316, 317, **318**, 468

toys to promote child development, 316-318

toys used to evaluate disability, 25-26

**Traditional beliefs, customs, attitudes**, A 5, A-6, 226, 242, 244, 402, 531, 532

attitudes about amputation, 531-532

attitudes about leprosy, 226

causes of seizures (epilepsy), A-5, **242**, 402

causes and treatments of blindness, **244-246**, 247

disability as punishment, A-5 to A-6, **402**

evil spirits, A-5, 402

sex, marriage, and disabled persons, 491

### **Traditional cures and therapy**

chia seed for dirt in eye, 246

for burns, 232

for pressure sores, **202**, 231

shit around eye for clouding, 246

**Training possibilities** (See Work: possibilities and training)

### **Transportation off roads**

chair stretcher, 440

donkey or horse, 7, 93, 432

wheelbarrow, 430

**Tricycles**, **604**, **605**, 606

**Trolley** (See Wheelboards)

**Tuberculosis of the backbone, Chapter 21**, 161

**Tuberculosis of the joints**, 131

**Tubes of old car and bicycle tires**, uses for (See Tires)

**Tyres** (See Tires)

## U

**Urinary infections**, 167, 170, 188, **210-211**  
**Urinary problems** (See Bladder and bowel management)

## V

**Vaccination (immunization)**

against polio, 14, **74**  
 keeping vaccines cold, 74  
 precautions, 20  
 why vaccination programs sometimes fail, 14

**Village-based Rehabilitation, Chapter 45**

bottom-up or top-down approach, A-3, A-4, **405-406**  
 children's workshops for making toys, **Chapter 49**  
 CHILD-to-child activities, **Chapter 47**  
 community participation, 405  
 community-run rehabilitation centers:  
   activities 409, **412**, 414  
   benefits, 413  
   examples, **Chapter 55**, 515-522  
   importance, 407  
   outreach and support, 410  
   role, 284, 411  
 disabled persons as program leaders, 409  
 growth through popular demand, 414  
 home-based rehabilitation, 409  
 organization, management and financing, **Chapter 50**  
 popular theater, **Chapter 48**  
 program evaluation, 480-481  
 record of work and service, 484  
 referrals, 410, 412  
 setting goals, 407  
 the agent of change, 408  
 use of playgrounds, **Chapter 46**

**Villager-run rehabilitation program** (See Community-directed programs)

## W

**Walking aids, Chapter 63**

adapting walking aids, 106, 581, 588  
 canes and walking sticks, 251, 587  
 crutches, **584-586** (Also see Crutches)  
 examples of walking aids, 99, 106, 150-152, 249, 312, 415, 417, 425, 435, 518, 523, **579-588**  
 for arthritis, 149-152  
 for spina bifida, 172  
 walking stick for blind person, 251 (Also see Braces)

**Walking, possibilities for**

with cerebral palsy, 93  
 with polio, 71  
 with spina bifida, 168  
 with spinal cord injury, 177, 179 (Also see Walking aids)

**War as cause of disability, 20**

**Water therapy**, exercising in water, **133**, 143, 151, 432, 519  
 for children with arthritis, 133, 144  
 improved access to river, 133  
 sun-heated tubs, 133  
 tubs, tanks, and pools, 133, 144  
 (Also see Heat treatment)

**Wax therapy** (See Heat treatments)

**Weakness**

progressive, of muscular dystrophy, 109  
 progressive, of leprosy, 216  
 with arthritis, 137, 138-140  
 (Also see Paralysis; Polio)

**Wedges** (sloping supports for lying on), 95, 96, 111, 416, **571-572**

**Wheelboards**, 98, 612

for spina bifida, 172  
 on rough and smooth ground, 98  
 standing wheelboard for amputee, 229  
 wheelchairs with lying board, 229, **618-619**

**Wheelchair**

adaptations for cerebral palsy, **Chapter 65**  
 adapting to local needs, 590  
 advantages and disadvantages, 594-601, 613

armrests, 599  
 at ground level, 572, 590, **604**  
 better to buy or to make one? 592-593  
 books on wheelchairs, 604-606  
 brakes, 601, 623  
 caster hub and forks, 597, 619, 623  
 common problems with wheelchairs, 592  
 correct positioning for sitting, 589, 591, 605, **607-612**  
 cost, **592**, 603, 615, 616, 617, 618, 620  
 cushions, 184, **200-201**, 343, 607, 609, 624  
 design choices for parts, 590, **594-601**, 613  
 design for a straight-leg sitting frame, 612  
 designed to meet each child's needs, 591, **607-612**  
 designs for 6 basic wheelchairs, 614, **Chapter 66**  
 examples of hand-made wheelchairs, 98, 430, 518, 519, 590, 592, 594, 595, 599, 600, 604-608  
 fitting the chair to the child, 591, **602**, 607  
 folding mechanism, 599, 622  
 foot rests, 229, **600**, 619, 622  
 hand rims, 601  
 hand-powered wheelchairs and tricycles, 604-606  
 Healthlink wood wheelchair, 526, 592, 594, 600, **604**, **615**  
 hubs, axles, and wheel mounts, **597-598**, 615, 623  
 including the child when planning, 526  
 metal tube folding wheelchair, 622  
 placement of straps and body guides, 609-611  
 plywood frame wheelchair, 527, **620-621**, 624  
 precautions with, 592, 612, 615  
 rebar and woven plastic wheelchair, 616  
 seats and backs, **595**, 623  
 setting up a village wheelchair shop, 603, 614  
 square metal tube wheelchair, 617  
 tables, trays, and lapboards, 604-605, 607, **611**, 621  
 tools needed for making wheelchairs, 614  
 transfers (getting in and out), 394-397  
 wheelchair with lying board, 190, 229, **618-619**  
 wheels and tires, 596-597  
 with built-in toilet seat, 189, 343, 621

**Wheeled bed**, 86, 618-619

**Work: possibilities and training, Chapter 54**

adaptations for farming and gardening, 505, **507-509**, 517, 588  
 alternatives to farm work, 508  
 different work disabled people do, 509  
 examples of disabled persons working, 6-7, 11, 83, 93, 105, 110, 128, 151-152, 186, 190, 192-194, 202, 212, 280, 355, 356, 365, 367, 401, 405, 419, 467, 508, 509, 512-514, 517, 518, 522, 524, 526, 531, 535, 538, 540, 588, 590  
 for blind persons, 255, 507, 509  
 for mentally slow persons, 280, **509**  
 home businesses, 508  
 learning skills for a role in community, 506  
 market place crafts out of junk, 510  
 self-employment, 508-510  
 sheltered workshops, 513  
 training, 512

**Workshops for making aids and equipment, Chapter 57**

income producing activities, 534  
 layout of work space, 535-536  
 learning skills, 537  
 management and job assignment, 537  
 purpose, 533  
 the building, 534  
 tools and equipment, 536

## X

**Xerophthalmia** (dry eyes), 244