

People living with CMT4J may have difficulty doing things that many people do with ease, such as walking, using a toilet, or writing with a pen or pencil. Fortunately, physical therapists and occupational therapists can guide patients to equipment that may bring more independence. There are adaptive products specifically designed to benefit people with disabilities. There are also accessible products designed to make everyday living situations just that, more accessible.

A range of adaptive devices and equipment is available for those living with CMT4J, including:



DURABLE MEDICAL EQUIPMENT

- Wheelchair
- Walkers/posterior gait trainers
- Scooter
- Forearm/elbow crutches
- Cane
- Stander
- Lifts
- Orthotics
- Hospital bed for semi-reclined positioning



BATHROOM ACCOMMODATIONS

- Bath chair
- Portable shower chair
- Portable toileting chair
- Rails, handles, bars



RESPIRATORY MEDICAL EQUIPMENT

- BiPAP (bilevel positive airway pressure):
 - Trilogy ventilator with sip vent and mouthpiece settings and backup BiPAP (non-invasive ventilation breathing support)
 - Nighttime BiPAP (non-invasive ventilation breathing support)
- CPAP (continuous positive airway pressure)
- Nebulizer machine
- "Shaky vest" (chest wall oscillation for mucus movement/production/cough)
- Cough-Assist machine
- Oxygen
- Flight testing for oxygen needed for plane travel (directed by a doctor)



FINE MOTOR

- Pencil/pen grips
- Stylus – adaptive types for electronics/screen – laptops, tablets (head-movement generated, eye-movement, hand or mouth sticks)
- Slant boards
- Self-feeding aids – adaptive utensils, plates, or bowls (for example "nosey cup")



HOME

- Widened doorways (to accommodate a wheelchair)
- Ramps for a house or van
- Elevators/stair lifts
- Accessible van/car
- Voice-activated home controls
- Adapted kitchen and bath
- Specialty pants and shorts (all with full length zippers)



RECREATIONAL

- Adaptive skiing – lessons and sled-ski
- Beach wheelchair
- Off-road wheelchair wheels/all-terrain wheels
- Adaptive biking, kayaking
- Wheelchair sports – soccer, basketball, etc.

More information for those living with CMT4J can be found by visiting CureCMT4J.org or LivingCMT4J.com.

We would like to acknowledge the Cure CMT4J community for recommending items included in this list.