Children’s Therapy Services

Patient Information

**Improving fine motor skills- general**

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| What are fine motor skills?  Fine motor skills help you to use your hands well.  You need good fine motor skills for lots of things. | Examples:   * doing up buttons * holding a pen * using scissors |
| **Improving Shoulder control**  You need strong shoulders to use your hands well. | **Things to try** |
| http://www.diabetesforecast.org/2015/jul-aug/images/standing-push-ups-exercise-Jul15.jpg | Wall press ups Start position:  -Hands at shoulder level  -shoulder width apart  -keep back straight   1. Bend your elbows and touch the wall with your nose. 2. Push away again until your elbows are straight. |

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| http://thenewoil.files.wordpress.com/2008/03/wheelbarrow-w-o-wheel.jpg | Wheelbarrows You can do races or  Try how far you can go |
| https://ptcne.org/wp-content/uploads/2015/08/clip_image006.jpg | Boarding  Push yourself along on a scooter board  or skateboard |
|  | Commando crawling Lie on your tummy.  Now move along the floor using forearms. |
| https://www.selwood.com/media/catalog/product/s/e/sequoia-climbing.jpg | Climbing frames and walls |

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| [Description: Related image](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwj869qD0v7VAhUJvRQKHefoB0oQjRwIBw&url=http%3A//www.sohu.com/a/57836875_215220&psig=AFQjCNGmGVIjcRseBfw801mWC7hdj-mZBw&ust=1504171576992439)  [Description: Image result for polish table](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwi3kPab0f7VAhUGvBoKHZM8CyMQjRwIBw&url=http%3A//www.beelovable.com.au/beeswax-furniture-polish/&psig=AFQjCNF2Uohpkf85Ao3NCq4KshPVuEpkCQ&ust=1504171349984763) | Activities on a table Examples:  -painting  -wiping or polishing the table  -drawing large patterns on a chalkboard or whiteboard. |
| [Description: Related image](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjP0Nye5P7VAhXBzxQKHcVOAFMQjRwIBw&url=http%3A//activeforlife.com/activities/&psig=AFQjCNGQec_Ye7kt7tPzBhYt54Ob1_HWdw&ust=1504176433842824) | Ball games  Play throwing and catching games. or  Racket games using a balloon  Try to keep the balloon in  the air. Keep your elbows straight. |

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| **Improving hand -strength**  [Description: Image result for pick up rice with tweezers](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwi1hP222f7VAhXF1RQKHZ0eDjQQjRwIBw&url=http%3A//tothemoonandbackblog.net/2013/05/simulated-bird-beak-experiment.html&psig=AFQjCNGiGcDF4-852AhEzAokwjcy_8zVUw&ust=1504173562979574) [Description: Image result for operation game](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjMofyI2v7VAhXMvBQKHbc3Cz8QjRwIBw&url=https%3A//laughingsquid.com/a-more-scientifically-accurate-version-of-the-game-operation/&psig=AFQjCNHXw0PxOLU18Sb9lJBFSIZwAOjL6g&ust=1504173738537702)  https://images-na.ssl-images-amazon.com/images/I/61iYuOBtB8L._SY355_.jpg | Use tweezers to pick up things.  Try picking up  -rice  -raisins  - play games such as operation |
| https://s-media-cache-ak0.pinimg.com/originals/a5/db/6c/a5db6ca390b3aa131456dde81495c21a.jpg https://s-media-cache-ak0.pinimg.com/originals/4b/2a/1a/4b2a1a3c2f8c4a7e3192bb4d2e479014.jpg | Playing with pegs  Clip pegs onto a line Pick up pom poms with a peg.  Can you do this only using your thumb and pointer finger? |

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| [Description: Image result for scrunched up tissue paper](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjrtYqD3f7VAhWL0RoKHbApCMwQjRwIBw&url=https%3A//www.favecrafts.com/Scrapbooking/Tissue-Paper-Flower-Tutorial-from-Paper-Trunk&psig=AFQjCNGN-QVP6Pde4rMhzFd80FotRC_mFw&ust=1504174471249722)  [Description: Image result for scrunched up tissue paper](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&ved=0ahUKEwjM7e3l3P7VAhVDVRoKHUb8A5YQjRwIBw&url=http%3A//mamapapabubba.com/2013/12/01/simple-tissue-paper-christmas-wreath/&psig=AFQjCNGN-QVP6Pde4rMhzFd80FotRC_mFw&ust=1504174471249722)  [Description: Image result for flicking small balls](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjtx-D93f7VAhWIORQKHUpZA8oQjRwIBw&url=https%3A//www.pinterest.com/pin/308496643197417709/&psig=AFQjCNF3zwjIMs2N46nQaT0ZEXmMmcjMOw&ust=1504174793859186) | Playing with paper  Tear tissue paper or material into small strips. Scrunch it up into small balls.  You can make a collage  You can also flick the paper balls  or  flick marbles |
| http://maxabellaloves.com.au/wp-content/uploads/2014/09/Lavender-playdough-kneading-the-dough.jpg | Play with dough  -squeeze  -pull  -knead  Use real dough or Play-dough. |

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| [Description: Image result for origami for child](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjyma2d3_7VAhUBXBQKHUcUD9oQjRwIBw&url=https%3A//www.artforkidshub.com/origami/&psig=AFQjCNGkcK-zJBSt2I07N_PYB5M6__KW9A&ust=1504175076073364) | Folding paper |
| [Description: Related image](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwiM6Ynm4v7VAhXBCBoKHXHeDasQjRwIBw&url=http%3A//www.istockphoto.com/photos/blue-paperclips-with-red-paperclip-chain&psig=AFQjCNGrnFro6484fz8Z47YcwSox2d7HUA&ust=1504176069907665) | Use paper clips to make a chain |
| [Description: Image result for building with lego](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwiIjviN4f7VAhWMOxQKHaanDaUQjRwIBw&url=https%3A//www.youtube.com/watch%3Fv%3DrrQzCYvasrk&psig=AFQjCNH6M69dMiBNs3KZWPnvCB7nfZCNRQ&ust=1504175591899261)  [Description: Image result for interstar rings](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjnlZjM4f7VAhVMXhQKHfpbDpIQjRwIBw&url=https%3A//www.amazon.co.uk/Tip-top-Toys-010-24T-Interstar/dp/B000XSV60M&psig=AFQjCNFhFYhRZ5RFWYvJLfhgpmHkQPWfmQ&ust=1504175769017999) [Description: Image result for knex toy](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjQ7_Lx4f7VAhWEVhQKHUmJCdYQjRwIBw&url=http%3A//www.knex.com/kid-knex-education-transportation&psig=AFQjCNF-p44grVKc2i65YQ0GArj_LAfMuw&ust=1504175847647222) | Play with construction toys  that you need to push together and pull apart  Examples:  -LEGO  -Inter star rings  -K’NEX |