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
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| **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 straight1. 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 orTry how far you can go |
| https://ptcne.org/wp-content/uploads/2015/08/clip_image006.jpg | BoardingPush yourself along on a scooter boardor 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 imageDescription: Image result for polish table | Activities on a table Examples:-painting-wiping or polishing the table-drawing large patterns on a chalkboard or whiteboard. |
| Description: Related image | Ball gamesPlay throwing and catching games. orRacket games using a balloonTry to keep the balloon inthe air. Keep your elbows straight. |

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| **Improving hand -strength**Description: Image result for pick up rice with tweezers Description: Image result for operation gamehttps://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 pegsClip 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 paperDescription: Image result for scrunched up tissue paperDescription: Image result for flicking small balls | Playing with paperTear tissue paper or material into small strips. Scrunch it up into small balls.You can make a collageYou can also flick the paper ballsorflick marbles |
| http://maxabellaloves.com.au/wp-content/uploads/2014/09/Lavender-playdough-kneading-the-dough.jpg | Play with dough-squeeze-pull-kneadUse real dough or Play-dough. |

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| Description: Image result for origami for child | Folding paper |
| Description: Related image | Use paper clips to make a chain |
| Description: Image result for building with legoDescription: Image result for interstar rings Description: Image result for knex toy | Play with construction toysthat you need to push together and pull apartExamples:-LEGO-Inter star rings-K’NEX |