IN-HAND MANIPULATION ACTIVITIES

MOVING OBJECTS FROM FINGERS TO PALM:

☐ Get a coin out of a purse
☐ Crumple a piece of paper
☐ Get two or more coins out of a purse, one at a time.
☐ Pick up pegs/paper clips one at a time, and hold two or more in the hand at the same time
☐ Pick up several utensils (knives, forks, spoons, pencils, knitting needles) one at a time, to hold two or more
☐ Pick up three blocks/plastic bottle tops, one at a time

MOVING OBJECTS FROM PALM TO FINGERS:

☐ Move coin from palm to fingers
☐ Move object out of palm to put into container
☐ Hold money to put into bank, money box or machine
☐ Put one utensil down while holding several other in hand

SHIFTING OBJECTS:

☐ Turn pages in a magazine or book
☐ Pick up sheets of paper or money notes
☐ Separate playing cards
☐ Flatten a small ball of clay between pads of fingers
☐ String beads (shifting string and bead as string goes through bead)
☐ Shift pen/pencil for writing position
☐ Shift paper in non-preferred hand while cutting with preferred hand
☐ Fasten and loosen buttons
☐ Adjust sandwich, fruit or biscuit while eating
☐ Adjust spoon, fork, knife for appropriate use
☐ Rub paint, dirt, tape off pad of finger
☐ Hold a pen and push top off with same hand
☐ Hold fabric in hand while fastening button/press stud
☐ Hold key ring with keys in hand, shifting one for placement in lock
MOVING OBJECTS AROUND:

- Remove and put on small jar lid
- Put on and remove bolts from nuts
- Rotate of pencil – tip pointing to left
- Rotate of pencil – tip pointed to right
- Remove pen from pencil case and prepare to write
- Rotate pen or khoki to put on top on after writing
- Rotate puzzle piece for placement on a board
- Feel objects or shapes to identify them
- Construction activities
- Hold key ring with keys, rotate correct one for placement in lock

BILATERAL HAND FUNCTION ACTIVITIES:

- Tie shoelaces
- Style hair
- Use tools e.g. screw driver for maintenance tasks
- Crafts e.g. knitting, sewing, woodwork, leatherwork, cooking

Compiled by Groote Schuur Hospital Occupational Therapy Department 2008