

Training The Small Muscles In Hands, Fingers, And Wrists To Improve Control And Strength For Everyday Tasks.

- Improve task outcome with repetitive use of small muscles
- Practice of independent living skills that use fine motor skills muscles
- Assess body sequencing. Understanding which actions are start, middle and end of tasks
- Learn object control and manipulation of items through manual hand skills
- Increase Strength and Dexterity (*Ability*)

EXAMPLES OF DAY-TO-DAY ACTIVITIES THAT REQUIRE FINE MOTOR SKILLS:

- Writing
- Drawing
- Cutting
- Dressing
- Technology Use
- Eating
- Toileting
- Teeth Cleaning
- Hair Brushing
- Puzzles
- Lego/Block Building
- Construction Skills

