

# Aktivite pou amelyore Kowòdinasyon Motè amann nan men

Lis aktivite ki anba a ede ogmante kowòdinasyon nan men ou.

Terapis ou ta renmen ou:

- Chwazi aktivite \_\_\_\_\_.
- Fè yo \_\_\_\_\_ fwa pa jou pou total \_\_\_\_\_ minit.

Pou chak aktivite:

- Chita sou yon tab kote bra ou byen sipòte, jan terapè ou di sa.
- Chita ak bon pozisyon.

## Aktivite

- Bat kat epi bay kat.
- Sèvi ak apps ki ede amelyore kowòdinasyon motè amann ak vitès sou tablèt ou oswa telefòn entelijan ou. Eseye apps sa yo:
  - \_\_\_\_\_
  - \_\_\_\_\_
- Trase yon konsepsyon ak yon plim, koulè oswa ekri.
- Mare soulye, defè yo epi mare yo ankò.
- Fè yon chenn klip papye.
- Ranmase 3 a 5 pyès monnen, youn nan yon moman. Kenbe yo nan men ou, epi eseye mete yo tounen yonn pa yonn sou tab la oswa anpil san yo pa tonbe.
- Ranmase ti pèl oswa pwa sèk epi mete yo nan yon gode oswa pay.
- Ranmase mab epi kenbe otan ke ou kapab nan men ou.
- Jwe yon jwèt ak ti pyès oswa moso jwèt.
- Rebondi yon ti boul epi trape li.
- Mete broch rad sou bò yon gode oswa yon kote, pran 3 a 5 broch, mete yo nan men ou epi tache yo yonn pa yonn sou yon papye san yo pa tonbe.
- Pratike bouton, mufliv oswa zip.



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- Dezoud epi sere nwa ak boulon.
- Pratike mete sou ak pran bijou, tankou mont oswa braslè.
- Ranmase ti atik lè w sèvi ak tweezers.
- Fil kole, pasta sèk, oswa bouton.
- Pliye, koupe, oswa dlo nan je oswa tisi.
- Koud, kwòche oswa brode.
- Koupe foto ki soti nan yon peryodik.
- Jwe yon enstriman mizik.
- Fòm tras ak dwèt ou san ou pa deplase men ou.
- Avèk plat men ou sou yon tab, leve epi kenbe yon dwèt sou sifas tab la. Eseye ak chak dwèt.
- Ranmase ti atik yo. Sèvi ak gwo pous ou ak premye dwèt ou, epi Lè sa a, sèvi ak gwo pous ou ak chak lòt dwèt ou, yonn pa yonn.
- Vire paj nan yon peryodik oswa liv, devan pou retounen, epi sa a, ranvèse.
- Fè egzèsis la mache:
  1. Mete yon sèvyèt oubyen ti banyon sou tab la devan ou.
  2. Sèvi ak men ou oswa dwèt ou nan yon moman pou rasanble sèvyèt la anba men ou.
  3. Apre sa, sèvi ak dwèt ou ansanm oswa yonn pa yonn pou pouse sèvyèt la tounen jiskaske sèkèy la retounen nan pozisyon li te kòmanse.



**Dokiman sa a fèt pou bay enfòmasyon sèlman. Pale ak founisè swen sante ou a si w gen nenpòt kesyon sou swen ou.**

Pou plis enfòmasyon sou sante, ale sou [wexnermedical.osu.edu/patiented](http://wexnermedical.osu.edu/patiented) oswa kontakte Bibliyotèk pou Enfòmasyon sou Sante a nan 614-293-3707 oswa [health-info@osu.edu](mailto:health-info@osu.edu).

# Activities to Improve Fine Motor Coordination in Hands

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The list of activities below helps increase coordination in your hands.

Your therapist would like you to:

- Choose \_\_\_\_\_ activities.
- Complete them \_\_\_\_\_ times a day for a total of \_\_\_\_\_ minutes.

For each activity:

- Sit at a table with your arms supported, as instructed by your therapist.
- Sit with good posture.

## Activities

- Shuffle and deal cards.
- Use apps that improve fine motor coordination and speed on your tablet computer or smartphone. Try these apps:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Trace a design with a pen, color, or write.
- Lace shoes, and tie and untie them.
- Make a chain of paper clips.
- Pick up 3 to 5 coins, one at a time. Keep them in your hand, and then try to place them back down one at a time on table or in stacks without dropping.
- Pick up small beads or dry beans and put them in a cup or straw.
- Pick up marbles and hold as many as you can in your hand.
- Play a game with small pegs or playing pieces.
- Bounce a small ball and catch it.
- Put clothes pins on the side of a cup or place 3 to 5 paperclips in your hand and attach them one at a time to a paper without dropping.
- Practice buttons, snaps, or zippers.



- Screw and unscrew nuts and bolts.
- Practice putting on and taking off jewelry, such as a watch or bracelet.
- Pick up small items using tweezers.
- String beads, dry pasta, or buttons.
- Fold, crumple, or tear paper or tissue.
- Sew, crochet or knit.
- Cut out pictures from a magazine.
- Play a musical instrument.
- Trace shapes with your finger without moving your hand.
- With your hand flat on a table, lift up and hold a finger off the surface of table. Try with each finger.
- Pick up small items. First use your thumb and first finger, and then use your thumb and each other finger, one at a time
- Turn pages of a magazine or book, from front to back, and then reverse.
- Do the towel walking exercise:
  1. Put a hand towel or small bath towel on the table in front of you.
  2. Use your whole hand or one finger at a time to gather the towel up under your hand.
  3. Next, use your fingers together or one at a time to push the towel folds away from you until the towel is back to the starting position.



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**This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.**

For more health information, go to [wexnermedical.osu.edu/patiented](https://wexnermedical.osu.edu/patiented) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).