

Waxqabadyada si ay u hagaajiyaan Iskuduwidda Motor Fine gacanta

Liiska hawlaha hoos ku xusani waxey kaa caawiyaan horhdinta isku-duwida gacmahaaga.

Dhakhtarkaaga wuxuu jeclaan lahaa in aad:

- Doorato_____ hawlood.
- Ku dhameystirtid_____ jeer maalintii wadarta _____ daqiiqo.

Hawl walba:

- Ku fadhiiso miis iyadoo gacmahaaga la taageerayo, sida uu faray takhasusayahaaga.
- Ku fadhiiso qaab wanaagsan.

Hawlo

- Baandhee oo la tacaamul turub.
- Isticmaal abbyada si aad u hagaajiso isku-duwid dhaqdhaqaaq iyo xawaare ee tabletka kombiyuutarkaaga ama taleefonkaaga caaqilka ah. Isku day abbyadan:
 - _____
 - _____
- Ku tixraac naqshad leh qalin, midab, ama qorid.
- Xidho kabaha, oo dhujji oo dbaci.
- Samee silsilad warqado ah.
- Qaad 3 ilaa 5 lacagta birta ah, hal mar. Ku hay gacantaada, ka dibna isku day inaad dib u saarto miis hal hal ama qaab rasto ah adigooon ridin.
- Soo qaad kuulal yar yar amase digir qallalan oo ku rida koob ama tuubo.
- Soo qaad dhagxaan oo ku qabo ilaa intaad awoodo gacantaada.
- Ku ciyaar katabaan gabalaiisa ama walxo yaryar oo lagu ciyaaro.
- Boodbooti kubad yar oo qabo.
- Saar biinanka dharka hal dhinac oo koob ama ku melee 3 ilaa 5 biinanka warqadaha.
- Ku falaad galuusyada, isku-dhejiyada, ama siinsiiyeerada.



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WEXNER MEDICAL CENTER

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Activities to Improve Fine Motor Coordination in Hands - Somali

- Xidh oo fur boolalka.
- Baro sida loo xirto la iskagana siibo dahabka, sida saacada ama katiinada qoorta.
- Ku soo qaado alaabo yaryar adigoo isticmaalaya matooroleyaal.
- Kuul jilicsan, baastada qalalan, ama galluusyada.
- Laab, isku-dumi, ama jeex warqad istiriaasho.
- Tol, dusi ama nud.
- Kasoo jar sawiro wargaysyo.
- Ku ciyaar qalab muusiko.
- Ku hag qaabab fartaada adigoo dhaqaajin gacmahaaga.
- Adigoo gacantaadu miis dul saaran tahay, Kor u qaad oo farta ku haay miiska dushiisa. Ku tijaabi far kasta.
- Qaado alaabo yar yar. Marka hore suulka isticmaal iyo fartana kowaad, ka dib isticmaal suulkaaga iyo far kasta ee kale, marba mar.
- Gedi bogaga wargeys ama buug, hore ilaa gadaal, iyo isku bedel.
- Samee jimicsiga socodka shukumaanka:
 1. Saar shukumaan gacmeed ama shukumaan yar oo qubeys ah miiska hortaada yaala.
 2. Istimaal gacantaada oo dhan ama hal far markiiba si aad ugu soo aruuriso shukumaanka hal gacan hoosteeda.
 3. Marka xigta, farahaaga wada isticmaal ama hal markiiba si aad iskaga riixdo shukumaanka ilaa shukumaanka ku soo laabto booskii hore.



Qoraalkan waxa loogu talagalay ujeeddooyin macluumaad oo keliya. Kala hadal dhakhtarkaaga haddii aad wax su'aalo ah ka qabto daryeelkaaga.

Wixii macluumaad dheeraad ah oo caafimaad, tag wexnermedical.osu.edu/patiented ama la xidhiidh Maktabadda Macluumaadka Caafimaadka 614-293-3707 ama health-info@osu.edu.

Activities to Improve Fine Motor Coordination in Hands

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.



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 or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.