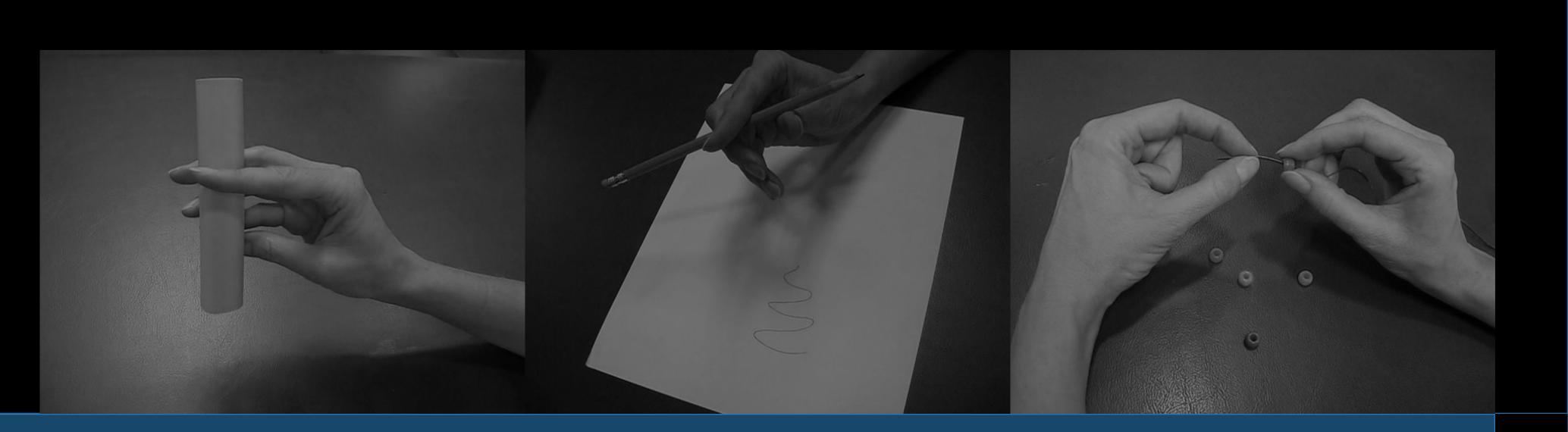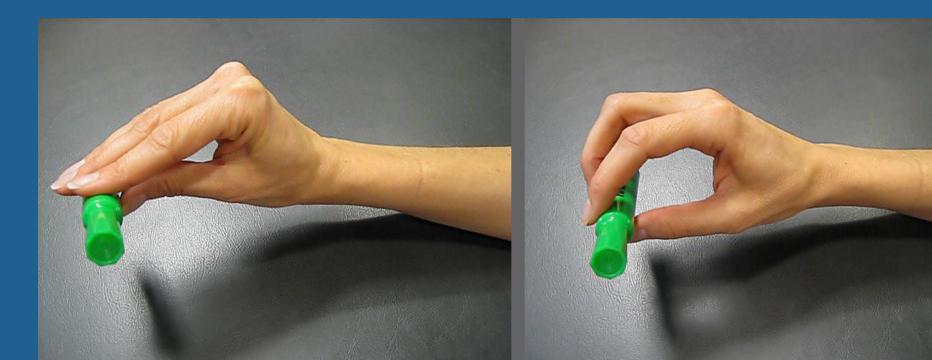# Coordination Activities for Hand Therapy Patients

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The purposes of this poster are to review the contributions of pediatric occupational therapy to the adult hand therapy population and to present examples of coordination activities aimed at improving functional hand use in patients of any age.

The hand is a perceptual entity that has been described as an information-seeking organ. The hand allows our patients to interpret and analyze the tactile properties of size, shape, and texture and to use in-hand manipulation in order to identify objects and handle them effectively. Through manual exploration by way of coordinated hand use, our patients recognize the relationship of objects to their bodies and to gravity.
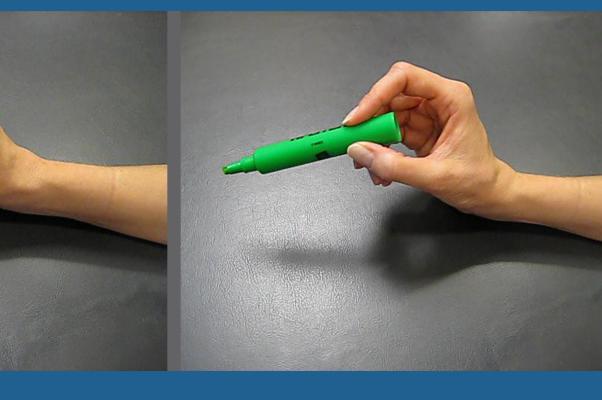
Translating available motion into function requires certain complex sensorimotor capacities of the patient's hand use to be intact and accessible. This is especially true for fine motor hand functions and may be apparent in the rehabilitation of either the dominant or the non-dominant extremity. Coordination activities that look easy may in fact be quite challenging for some hand therapy patients, even those with excellent range of motion. Facilitating coordination provides a bridge to recovery of meaningful hand function.
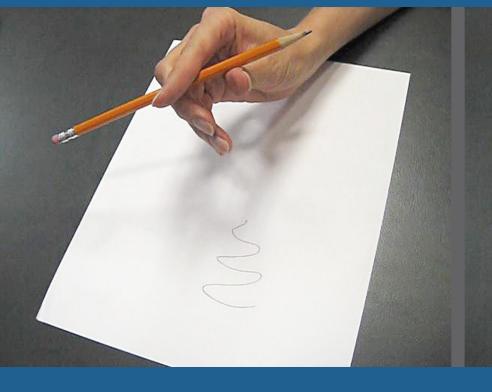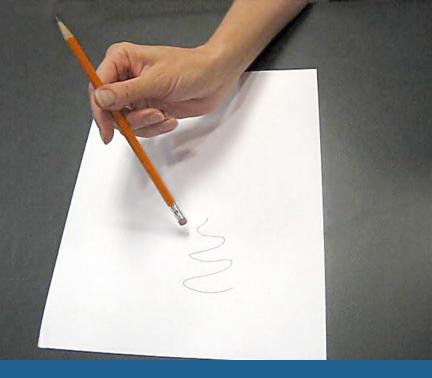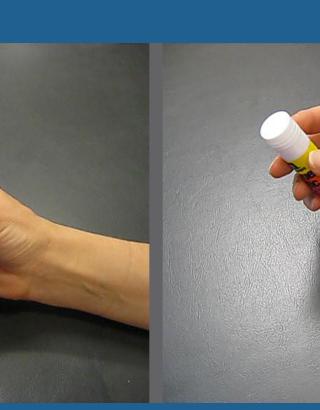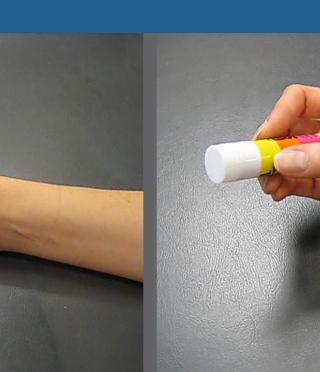

Translation: fingertip to palm

Shift/scoot   **Flip**
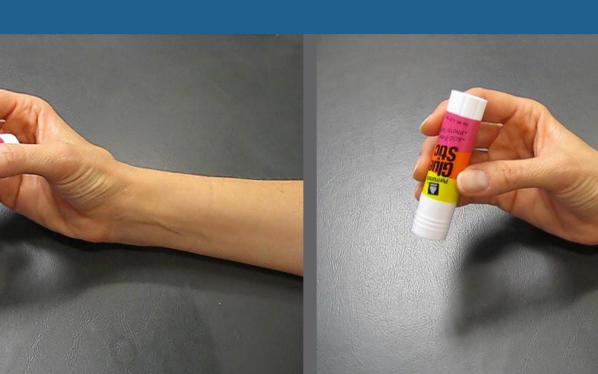
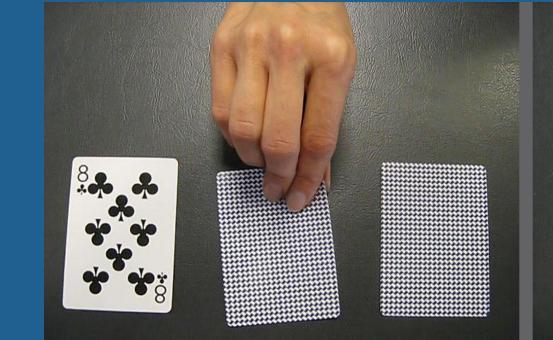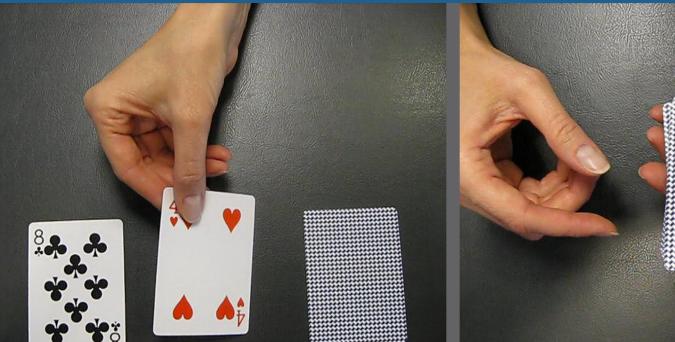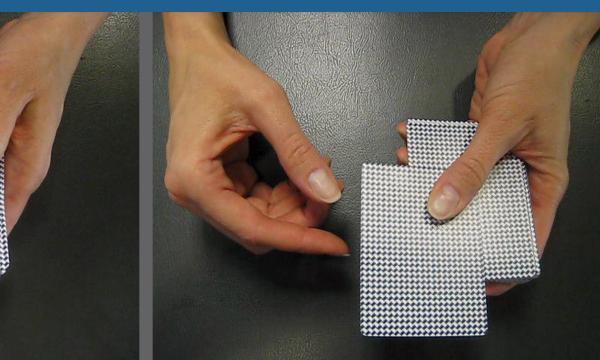**Change of direction: spin**
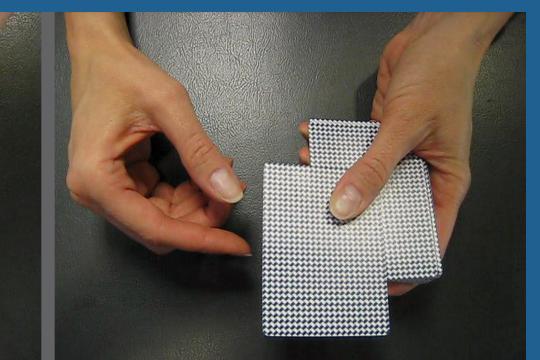
Card flip and thumb feed

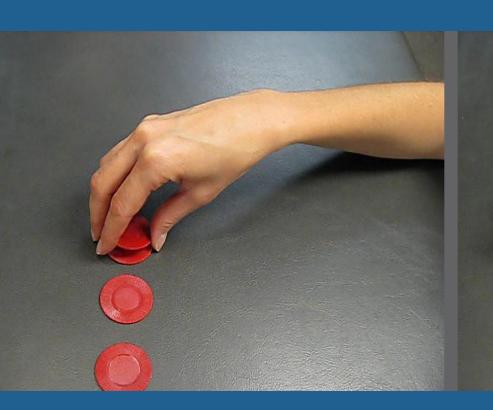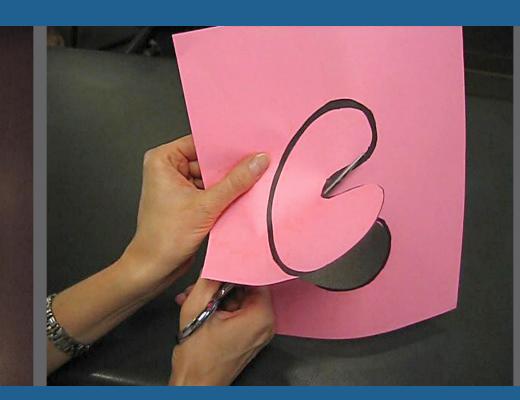**Marbles: in-hand manipulation (squirreling)**
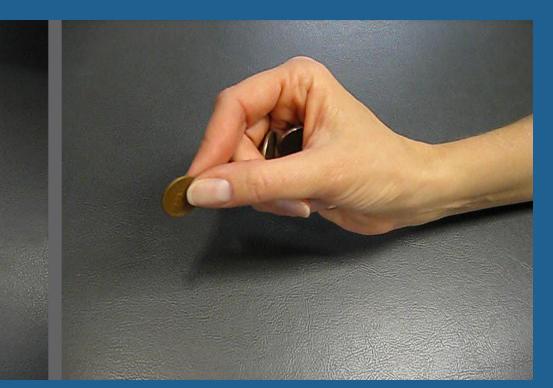
Marbles: thumb feeding
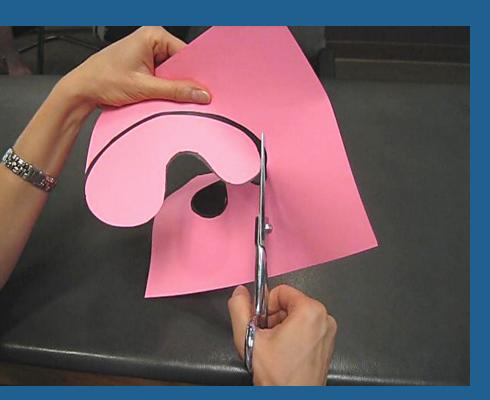
Coin sort and select
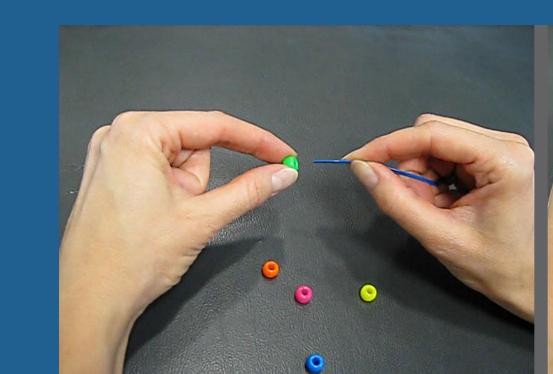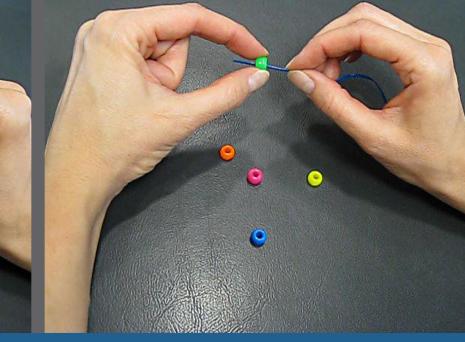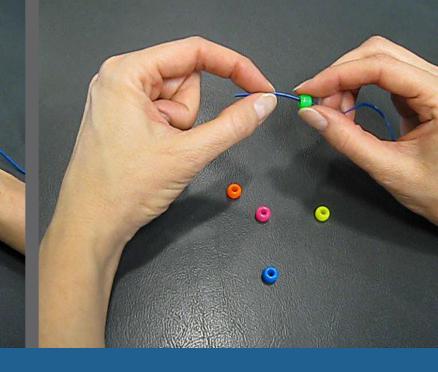
Checkers: stacking and graded release

Scissors: bimanual task

Rubber band graded release

Stringing
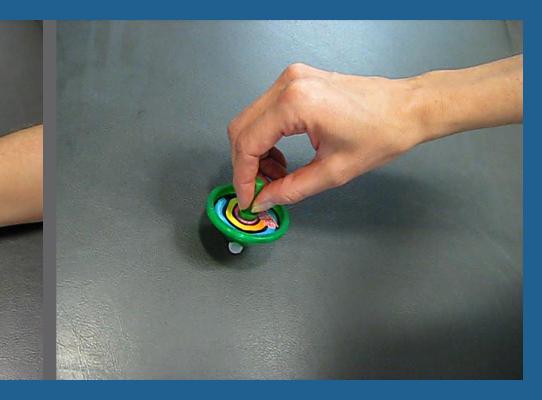
Pen cap removal   **Spin a top**