

## 1.a.1

### Reach up to touch light cord

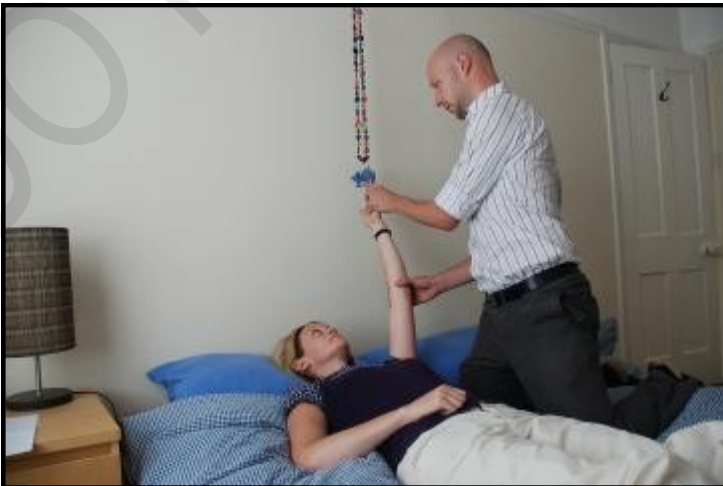
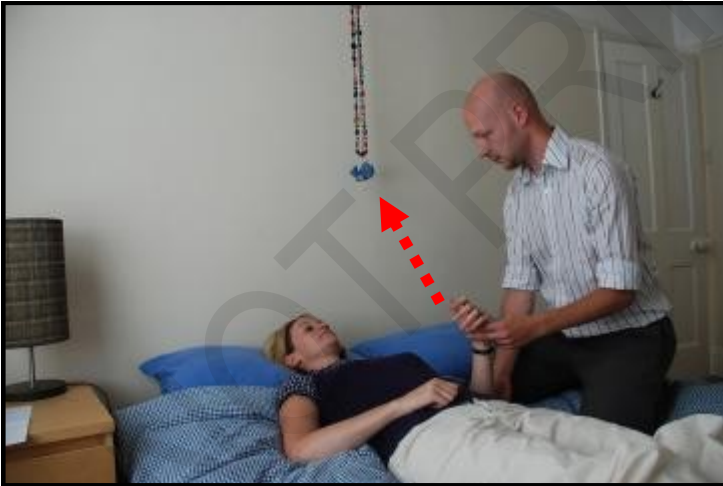
- Lay on your back
- Start with your elbow straight and hand pointing up to the ceiling
- Try to stretch up towards the ceiling
- Your carer / therapist may need to assist you to complete the movement



## 1.b.1

### Reach for light cord

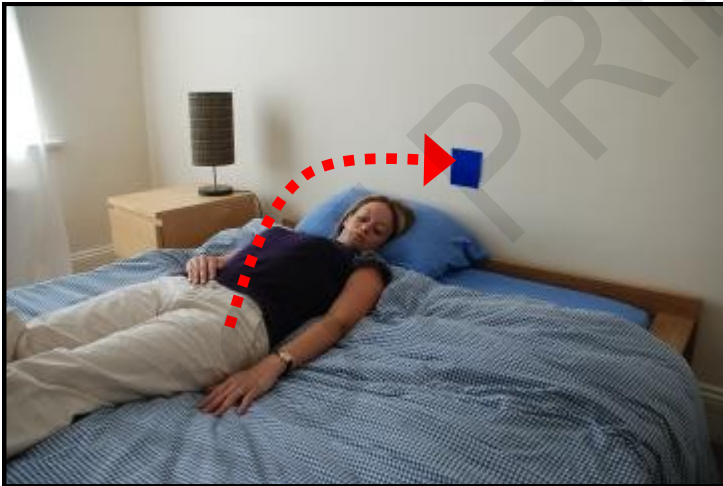
- Lay on your back
- Start with arm resting on bed
- Try to reach to touch light cord
- Your carer / therapist may need to assist you to complete the movement



## 1.b.2

### Reach to touch head board or wall

- Lay on your back
- Start with arm resting on bed
- Try to reach to touch the headboard or wall above you
- Your carer / therapist may need to assist you to complete the movement



### 1.b.3

#### Reach to touch alarm clock

- Lay on your side with your weaker arm upper most and supported on a pillow
- Reach out to the side to try to touch your alarm clock / bed side table / etc.
- Your carer / therapist may need to assist you to complete the movement



## 1.b.4

### Moving straight arm between 2 'target's

- Lay down on your back with your arm raised up vertically
- Your carer / therapist can provide two 'target's with their hands.
- Move your hand from one 'target' to another by moving your arm back and forth.
- Ensure that your elbow is kept straight.



## 1.b.5

### Touching hand to 'target'

- Sit on a kitchen chair with your hand hanging freely at your side
- Try to swing your arm forwards to touch something placed just behind your knee, for example, a wooden spoon handle.
- Keep your back against the chair and try to keep your elbow straight



## 1.b.6

### Lifting up an object

- Sit at a table with a long vertical tube in front of you with a slightly wider but shorter tube over the top of the other tube - your therapist will show you how to set this up
- Lift the shorter tube so it slides up the longer tube
- During the exercise, you should stay sat up straight, your shoulders should stay level and your elbow straight
- Lower your hand back down to the table **slowly**



## 1.c.1

### Reach back for door handle

- Stand with your back to a door
- Keep your elbow straight and reach back to touch or grasp the door handle
- Keep standing up tall throughout





## 1.c.2

### Pull drawer out

- Sit on a kitchen chair with your hand resting on the edge of a drawer or around the drawer handle
- Pull the drawer out towards you then slide back again
- Try to stay sat upright with your back touching the chair



## 1.d.1

### Reach to touch alarm clock

- Lay on your back with your arm resting on the bed - hand up
- Reach out to the side to try to touch your alarm clock / bed side table / etc.
- Try to keep your elbow straight and the back of your hand in contact with the bed
- Your carer / therapist may need to assist you to complete the movement



## 1.d.2

### Slide arm along bed up to wall or headboard

- Lay on your back with your arm resting on the bed - hand up
- Trying to keep the back of your hand in contact with the bed, reach above your head to touch the headboard or wall.
- Your carer / therapist may need to assist you to complete the movement



### 1.d.3

#### Push book away

- Sit side on to a table with your forearm supported on the table
- Place an object, for example a book, next to your forearm
- Try to slide your forearm along the table to push the object to a 'target'. The 'target' could be the edge of the table or another object placed on the table.
- Try to keep facing forward throughout the exercise



## 1.d.4

### Standing and reaching to the side

- Stand with your feet slightly apart and a 'target' at shoulder height next to your.
- Practice reaching out to the side to touch or grasp the 'target'.



## 1.e.1

### Turn hand over to tap 'target's

- Lay on your back
- Place 2 objects either side of your hand, for example, 2 tumblers.
- Hold a longer object in your hand, for example, a wooden spoon.
- Keeping your elbow straight, tap the objects either side with the longer object.



## 1.e.2

### Knock on wall

- Lay on your back with a wall or the back of the sofa to your side
- Start with your elbow bent and your hand resting on your abdomen
- Keeping your elbow tucked in to your side move your hand to touch the wall / back of sofa then return to the starting position



### 1.e.3

#### Knock on headboard

- Lay on your back with your headboard or the wall above you
- Start with your elbow out to the side and your hand resting on the bed
- Keeping your elbow in contact with the bed move your hand to touch the headboard / wall above you then return to resting on the bed





## 1.e.4

### Knock object off table

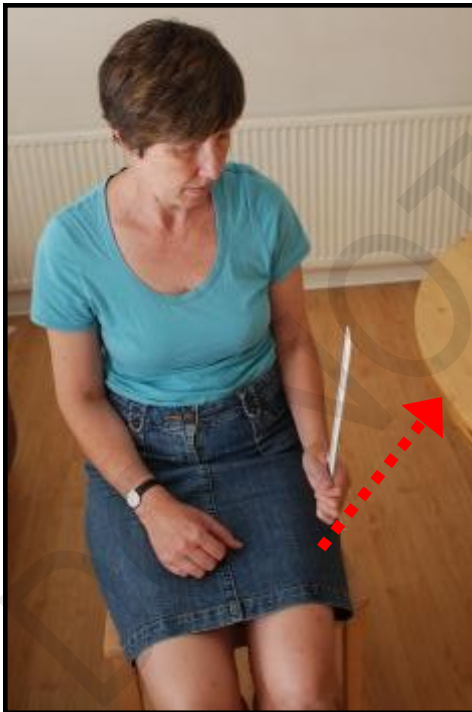
- Sit at a table with your elbow supported on the 'arm skateboard' provided by your therapist
- Position an object, for example, a plastic bottle to the side of you by the edge of the table
- Try to keep your back in touch with the chair and move your hand to knock the bottle off the table.



## 1.e.5

### Move hand out to a 'target'

- Sit with your elbow bent at right angles and a piece of paper in between your upper arm and the side of your chest.
- Holding a long object practice moving your hand outwards to a table beside you keeping the long object upright
- Ensure that your back is kept against the chair and the piece of paper is not dropped



## 1.e.6

### Move cup to table

- Sit with your elbow bent at right angles and a piece of paper in between your upper arm and the side of your chest.
- Practice moving a cup of water outwards to a table beside you without spilling it.
- Ensure that your back is kept against the chair and the piece of paper is not dropped.



## 1.e.7

### Polishing table

- Sit at a table with your forearm supported on the table and a polishing cloth under your hand
- Position a 'target' in front of you and slightly to the side
- Keep your elbow tucked in to your side and polish the table by moving the cloth to the 'target'



## 1.e.8

### Knock rubbish into bin

- Sit at a table with your elbow supported on the table
- Position a bin to the side of you by the edge of the table
- Arrange a number of items on the table in front of you to knock into the bin, for example , scrunched up newspaper.
- Keep your elbow still and knock the 'rubbish' into the bin.



### Move cup around 'protractor'

- Sit side on to a table with your forearm supported on the table
- Place 'protractor' under forearm with edge in line with forearm.
- Place object, for example a cup, in your hand
- Keeping elbow in corner of 'protractor' move cup around protractor as far as you are able



## 1.e.10

### Knock on door

- Stand side on to a door with your elbow bent and your hand touching your abdomen
- Keeping your elbow tucked in move your hand to touch the door and then back to your abdomen



## 1.e.11

### Draw curved lines on paper

- Sit at a table with your elbow supported on the table
- Underneath your forearm place a piece of paper with 2 'target's drawn on that your therapist will have prepared for you.
- Keeping your elbow still, draw curved lines on the paper between the 2 'target's
- You may need to prevent the paper sliding with your other arm.





## 1.e.12

### Pull out tape measure

- Sit at a table with your elbow supported on the table and hold the ends of a tape measure in your hands.
- Position a 'target' in front of you and slightly to the side
- Keeping your elbow still and pull out the tape measure to touch the 'target'



## 1.e.13

### Pull drawer out

- Stand side on to a set of drawers
- Place your hand on the edge of a drawer or around the drawer handle
- Keeping your elbow tucked in pull the drawer out to the side then slide back again
- **Mind your fingers to ensure they do not get trapped in the drawer**



## 1.e.14

### Move object along table

- Sit at a table with your elbow supported on the table and a cup in your hand
- Position a saucer in front of you and slightly to the side
- Try to keep your elbow still and place the cup onto the saucer.



## 2.a.1

### Slide hand up and down broom handle

- Sit on a chair with your weaker hand around a broom handle
- You can support the broom with your other arm to keep it vertical if needed
- Slide your hand as far up the broom as possible
- Lower your hand back down the broom as **slowly** as possible.



## 2.a.2

### Pick up and replace phone

- Sit at a table with a telephone on
- Place your hand onto the telephone handset
- Lift the handset and take it to your ear
- Replace the handset as slowly and carefully as possible



## 2.a.3

### Move pan forwards and backwards on oven hobs

- Stand in front of a cooker
- Hold a pan in your hand
- Move the pan forwards and backwards between the front and back hobs



## 2.a.4

### Move object between shelves

- Sit or stand in front of a set of shelves
- Place an object, for example a book, in your hand
- Move the object between different height shelves



## 2.b.1

### Sliding arm forward

- Sit at a table with your forearm supported on a towel or low resistance fabric
- Place an object in your hand
- Try to slide your hand forward to touch the object to a "target". This could be the edge of the table or an object placed on the table in front of you





## 2.b.2

### Push object forward

- Sit at a table with your forearm supported on the table and your hand resting on an object
- Try to slide your hand forward to touch the object to a "target". This could be the edge of the table or an object placed on the table in front



## 2.b.3

### Lift tumbler onto table

- Sit side on to a table with your forearm resting on lap and a tumbler in your hand
- Lift your forearm and the tumbler onto the table
- Return your forearm and tumbler to your lap as **slowly** as possible.



## 2.c.1

### Reach for cupboard handles

- Stand in front of a set of cupboards
- Start with your arm resting by your side
- Reach to touch handles
- Try to finish with your elbow straight
- Keep your shoulders down and level
- Lower your arm down by your side after **slowly**



## 2.c.2

### Move pan sideways on oven hobs

- Stand in front of a cooker
- Hold a pan in your hand
- Move the pan side to side between the hobs



## 2.c.3

### Move books between and along shelves

- Sit or stand in front of a set of shelves
- Place an object, for example a book, in your hand
- Move the object between different height shelves and along the shelves trying to straighten your elbow by reaching out to the side



## 2.c.4

### Reach to different 'marker's

- Sit in front of a table
- Your therapist will provide you with a large piece of paper with 'markers' on it.
- Place an object, for example a tumbler, in your hand.
- Practice moving the object from one marker to another



## 2.c.5

### Move object between work surfaces

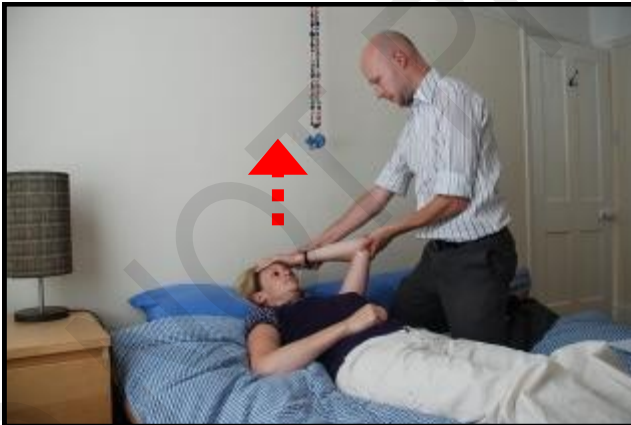
- Stand between 2 tables or worktops
- Practice lifting an object from one table /worktop to the other without dropping it.



### 3.a.1

#### Reach from forehead to light cord

- Lay on your back
- Start with your hand on your forehead - your carer / therapist may need to assist you to achieve this position.
- Try to straighten your elbow to touch light cord
- Lower your hand back to your forehead slowly by bending your elbow
- Your carer / therapist may need to support your elbow while you do this exercise





## 4.a.1

### Rotate forearm to tap wall with object

- Sit next to a wall with a ruler in your hand and your forearm supported either on your lap or on a table
- Practice rotating your forearm back and forth to touch the ruler to a 'target' on the wall.
- Try to keep your elbow tucked in throughout



## 4.a.2

### Rotate forearm to tap 'target's with object

- Sit in front of a table with your elbow on the table, a ruler in your hand and two 'target's either side of your wrist.
- Practice rotating your forearm to touch the ruler on each of the 'target's.
- Try to keep your elbow still and not to move your shoulder.



### 4.a.3

#### Turn an object over

- Sit at a table with your elbow supported
- Place an object, for example a book, in your hand
- Practice turning the object over



## 4.b.1

### Empty pot of coins onto table

- Sit at a table with your elbow supported
- Hold a tumbler with coins in
- Rotate your forearm to empty the coins onto the table



## 4.b.2

### Empty water out of tumbler

- Sit at a table with your elbow supported and a large bowl as a 'target'
- Hold a tumbler with water in
- Rotate your forearm to pour the water into the bowl



### 4.b.3

#### Dry tumbler with tea towel

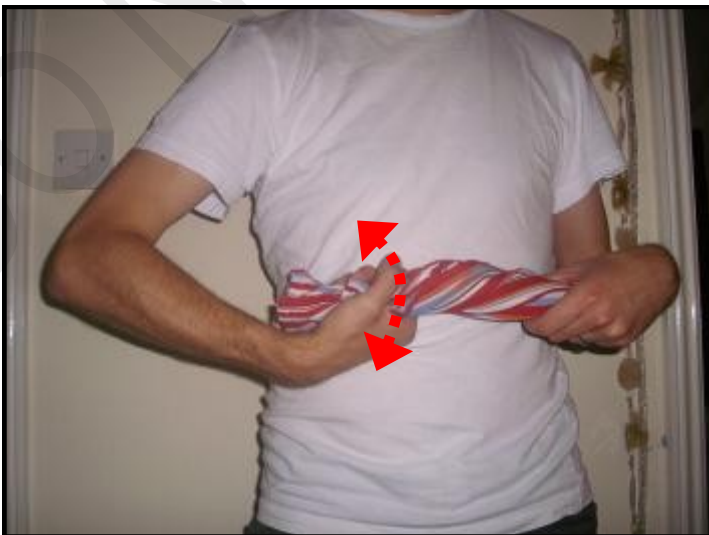
- Sitting or standing
- Hold a tea towel in your weaker hand, place inside a tumbler and rotate to dry
- Stabilise the tumbler with your other hand



## 4.b.4

### Wring out towel

- Hold a towel between both hands with both hands facing down
- Rotate the forearm of your weaker arm to wring out the towel
- Try to keep your other hand still



## 4.b.5

### Drop object from one hand into the other

- Hold an object, for example a paper ball or tennis ball, in your weaker hand
- Drop the object into your other hand
- Swap your hands over for next try so you now catch with your weaker hand





## 4.c.1

### Lift bags from floor to table and back

- Stand next to a table or worktop with a bag on the floor
- Pick up the bag with your hand facing down
- Lift the bag and place on the table with your hand facing up
- Return to the floor and the hand facing down forearm position



## 4.c.2

### Pour kettle

- Stand in front of a work surface
- Hold a kettle in your hand
- Practice pouring **cold water only** into a cup
- You may need to stabilise the cup with other hand



## 5.a.1

### Touch knuckles to ruler

- Sit at a table with your forearm supported but your wrist over the edge of the table - hand facing down
- Place a ruler on the back of your forearm and secure with tape or your other arm - your therapist will advise you about this
- Lift your hand to try to touch your knuckles to the ruler
- Lower your hand after as slowly as possible



## 5.a.2

### Lift hand to touch straw

- Sit with your forearm resting on a table in front of you and your hand facing down.
- Place a flexible straw on the top of your forearm so that the bend of the straw is over your wrist.
- Secure the straw with tape or your other arm—your therapist will advise you about this
- Practice lifting your hand to touch the tip of the straw then relaxing your hand back down again as slowly as possible.



### 5.a.3

#### Bend and straighten wrist to touch 'target's

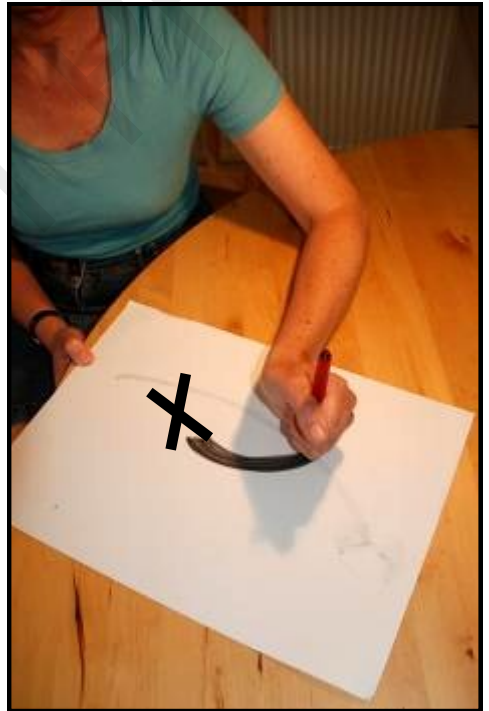
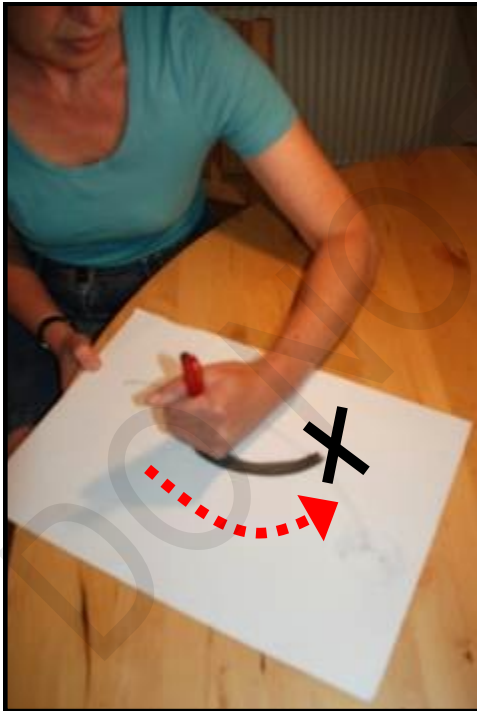
- Sit at a table with a weight, for example a bag of rice or pasta, on your forearm.
- Place 2 'target's either side of your hand and place an object in your hand, for example, a tumbler
- Practice bending your wrist backwards and forwards to touch the 'target's
- Try to keep your forearm still throughout.



## 5.a.4

### Draw curved lines with pen

- Sit at a table with your forearm supported and a piece of paper in front of you
- Draw curved lines on the paper by bending and straightening your wrist
- Try to keep your forearm still throughout.
- You may need to use your other arm to stabilise the paper



## 5.a.5

### Knock on wall with knuckles

- Sit or stand with your forearm supported on a table or worktop with a wall or another vertical surface next to you
- Straighten your wrist to touch the back of your hand to touch the wall
- Try to keep your forearm still throughout.



## 5.a.6

### Roll ball along table between hands

- Sit at a table with both forearms supported and parallel - your therapist may provide you with a piece of paper with parallel lines on for you to position your forearms between
- Keeping your forearms still practice rolling a ball between your hands





## 5.a.7

### Knock ball against wall on table with back of hand

- Sit at a table with your forearm supported and a wall or other vertical surface, such as a box, next to you.
- Practice knocking a ball against the wall / box with the back of your hand
- Try to keep your forearm as still as possible



## 5.b.1

### Touch thumb to ruler

- Sit at a table with the side of your forearm supported but your wrist over the edge of the table - thumb facing up
- Place a ruler on your forearm and secure with tape or your other arm - your therapist will advise you about this
- Lift your hand to try to touch your thumb to the ruler
- Lower your hand after as slowly as possible



## 5.b.2

### Lift tumbler off table

- Sit at a table with your forearm supported
- Place an object in your hand, for example a tumbler
- Keeping your forearm in contact with the table, lift the object as high off the table as possible
- Lower back down to table as slowly as possible



### 5.b.3

#### Screw on and unscrew jar lid

- Sit at a table with a jar in front of you
- The jar may need to be loosened by your therapist or carer
- Practice unscrewing and screwing jar lid with your weaker hand
- Stabilise the jar with your other hand



## 5.c.1

### Lift tumbler over object

- Sit at a table
- Your therapist will provide you with a piece of paper with parallel lines on for you to position your forearm between
- Place an object, for example a tumbler, in your hand.
- Start with your wrist bent then extend to move the tumbler to the 'target' position



## 5.d.1

### Cut up food with knife and fork

- Sit at a table
- Practice using knife and fork to cut up food
- Your therapist may provide you with different cutlery to assist with the task if needed



## 5.d.2

### Lift cup onto saucer

- Sit at a table with your forearm supported on the table and a cup in your hand—this is the 'start' position
- Position a saucer in front of you
- Practice lifting the cup onto the saucer then returning to the 'start' position
- Move the saucer between each attempt so that you practice reaching in different directions



## 5.d.3

### Take cup to mouth

- Sit at a table
- Place a tumbler in your hand
- Practice lifting the tumbler to your mouth
- Your therapist will advise you whether to practice with or without water
- Try to stay sat upright with your back against the chair throughout

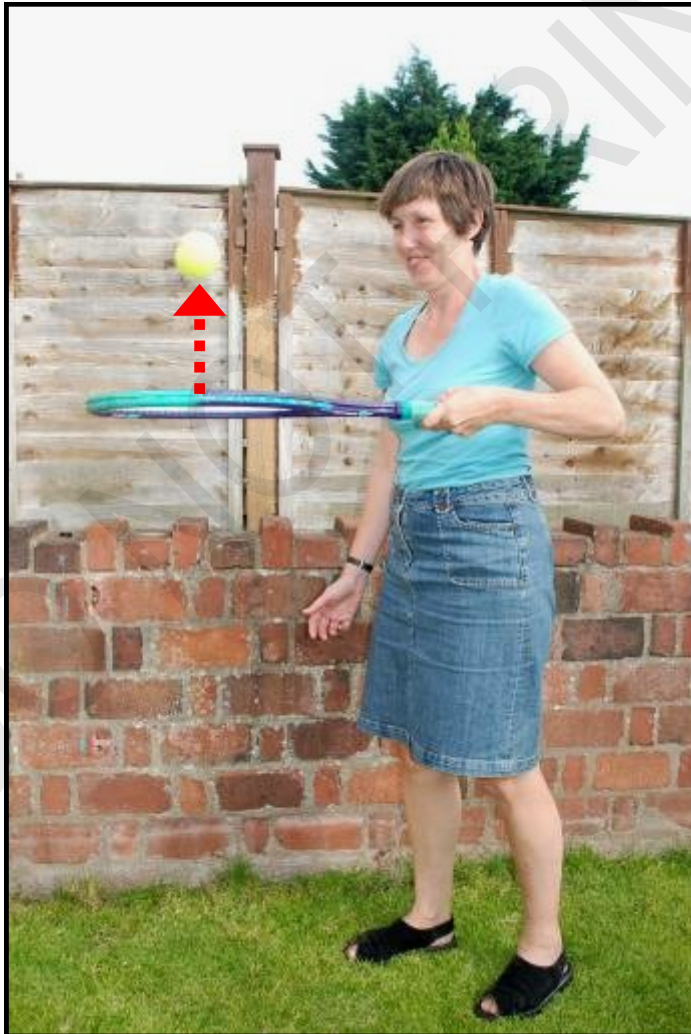




## 5.d.4

### Bounce tennis ball on racquet

- Stand with plenty of space around you
- Hold a tennis racquet in your weaker hand
- Practice bouncing a tennis ball on the racquet
- Count how many bounces you do



## 5.d.5

### Bounce ball

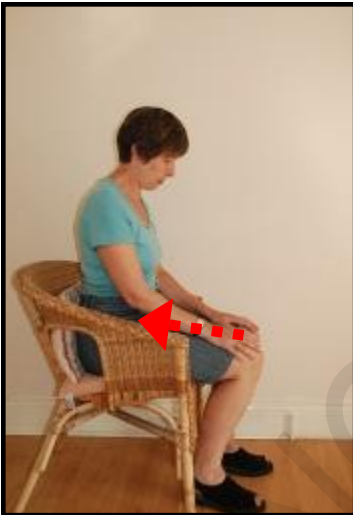
- Stand with plenty of space around you
- Practice bouncing a football / basketball / tennis ball with your weaker hand
- Count how many bounces you do



## 5.d.6

### Reach for chair arms and push up to stand up and sit down

- Sit in a chair with arms and place your hands on your lap
- Reach for the chair arms with both hands
- Stand up using your hands to assist
- When sitting down, reach back for chair arms and try to sit down slowly



## 6.a.1

### Straighten fingers to touch ruler

- Sit at a table with your forearm supported and hand facing down but with your fingers over the edge of the table
- Place a ruler on the back of your forearm and secure with tape or your other arm—your therapist will advise you about this
- Lift your fingers to try to touch your fingertips to the ruler
- Lower your fingers after as slowly as possible



## 6.a.2

### Touch fingers to straw

- Sit with your forearm resting on a table in front of you and your hand facing down.
- Place a flexible straw on the top of your forearm so that the bend of the straw is over your knuckles.
- Secure the straw with tape or your other arm—your therapist will advise you about this
- Practice lifting your fingers to touch the straw then lowering your fingers back down again as slowly as possible.



## 6.a.3

### Lift finger up along ruler

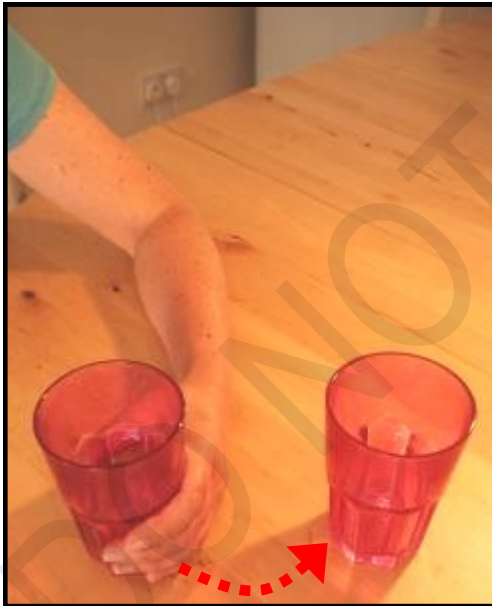
- Sit with your hand face down on a table
- Place a ruler vertically next to your hand - your therapist will advise you about how this can be secured by taping it to a glass
- Practice lifting one finger at a time to see how high you are able to lift your finger up the ruler
- Aim to increase height able to lift each finger



## 6.a.4

### Straighten and bend fingers using 'target's

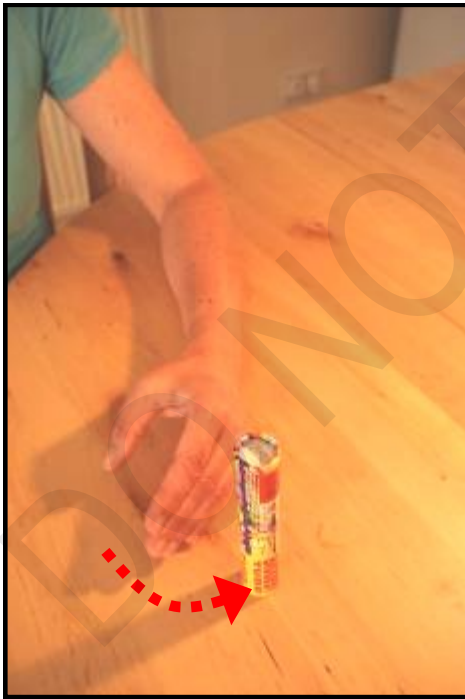
- Sit at a table with an object in your hand, for example, a tumbler.
- Keeping your forearm, wrist and thumb still, practice straightening your fingers to touch a 'target' object with your finger nails.



## 6.a.5

### Knock object over with finger extension.

- Sit at a table with your forearm supported
- Keep your forearm and wrist still
- Extend your fingers to knock an object over





## 6.a.6

### Straighten fingers to touch peg

- Sit at a table with your forearm supported and your little finger in contact with the table
- Attach a peg / ice lolly stick to the back of your finger - your therapist will advise you how to do this and whether to do one at a time or all 4 at the same time
- Straighten your fingers to touch the peg / ice lolly stick with your finger nail.



## 6.b.1

### Tap thumb on tumbler

- Sit at a table with your forearm supported
- Hold an object, for example a tumbler, in your hand
- Move your thumb as far away from the object as possible then tap your thumb on the object



## 6.b.2

### Knock object over with thumb

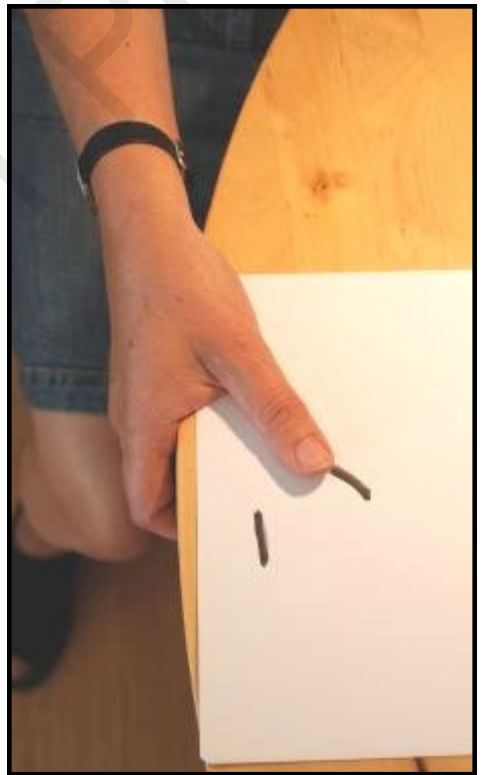
- Sit at a table with your hand on the edge and your thumb supported on the table
- Move your thumb away from the edge to knock an object over
- Aim to move the object further away to increase the thumb movement needed



## 6.b.3

### Slide thumb on table

- Sit at a table with your hand on the edge and your thumb supported on the table
- Place a piece of paper under your thumb and mark your starting position
- You may need to stabilise the paper with your other hand
- Move your thumb away from the edge as far as possible and mark again



## 6.b.4

### Slide thumb on a ruler

- Sit at a table with your forearm supported and a ruler balanced between 2 objects - your therapist will show you how to set this up
- Position your hand vertically with your thumb resting on top of the ruler.
- Practice sliding your thumb along the ruler away from your index finger.
- Ensure that only your thumb moves - try to keep your forearm and wrist still.



## 6.b.5

### Slide thumb along a stick with hand around cup

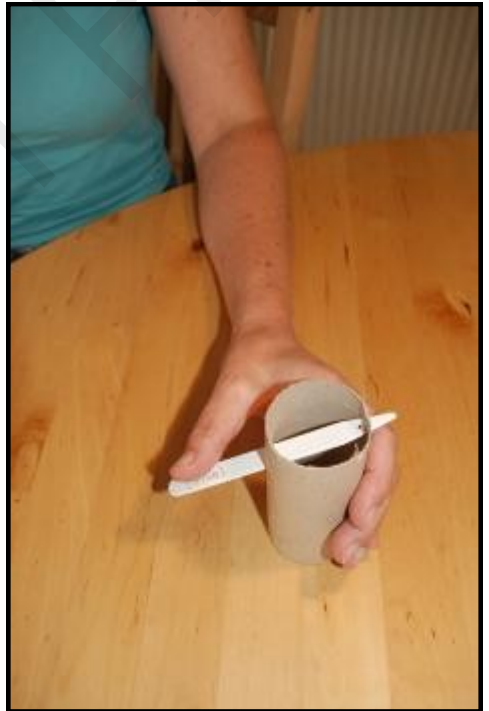
- Sit at a table
- Your therapist will provide you with a cylindrical object that has a stick attached to the top of it .
- Grasp the object and position your thumb and index finger on top of the stick.
- Practice moving your thumb away from the object to reach a 'target' line.
- Ensure that you don't squeeze the object and only your thumb moves.



## 6.b.6

### Slide thumb down a stick with hand around cup

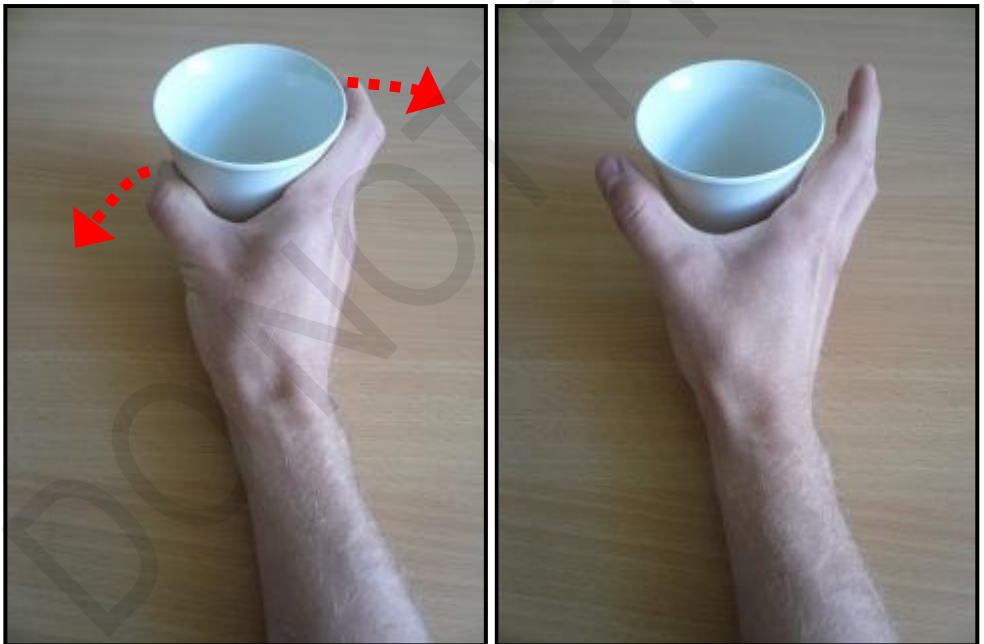
- Sit in front of a table
- Your therapist will provide you with a cylindrical object that has a stick pushed through it.
- Grasp the object and position your thumb on top of the stick.
- Practice moving your thumb away from the object to reach a 'target' line.
- Ensure that you don't squeeze the object and only your thumb moves.



## 6.c.1

### Squeeze and release tumbler

- Sit at a table with your forearm supported and an object, for example a tumbler, in your hand
- Squeeze the tumbler then release
- Try to move all of your fingers and thumb away from the tumbler without moving your forearm





## 6.c.2

### Grasp different sized objects

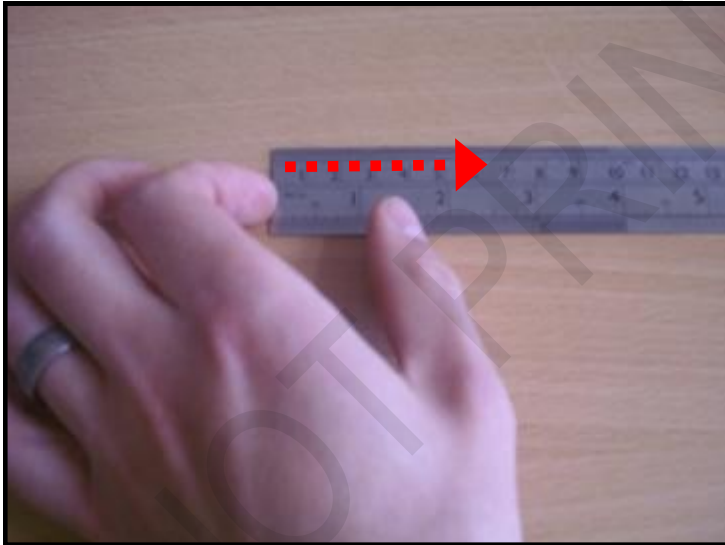
- Sit at a table with your forearm supported and a number of different sized objects in front of you
- Keep your forearm still and practice grasping and releasing the different objects



### 6.c.3

#### Mark measurements on ruler with thumb and index finger

- Sit at a table with a ruler lay horizontally in front of you
- Using your thumb and index finger, mark increments on a ruler, e.g. 1cm, then 2cm, then 3cm, or 1 inch, 2 inches, etc.



## 6.c.4

### Drop different sized objects into bin

- Sit at a table with your forearm supported but your hand over the edge
- Place an object, for example a paper ball, in your hand
- Practice dropping the object by opening your fingers and thumb



## 6.d.1

### Drop wash rag

- Grasp wash rag and lift off table
- Drop back onto table by opening your hand



## 6.d.2

### Move object around

- Sitting or standing
- Practice grasping different objects, for example tumblers, mugs, books, etc, and moving them to different positions
- Vary the height and position you reach for and release the objects - your therapist will be able to guide you on this.



### 6.d.3

#### Drop ball on table and catch again

- Sit at table
- Practice dropping a ball onto the table
- Catch the ball as it bounces if you are able



## 7.a.1

### Grip with ring and little fingers

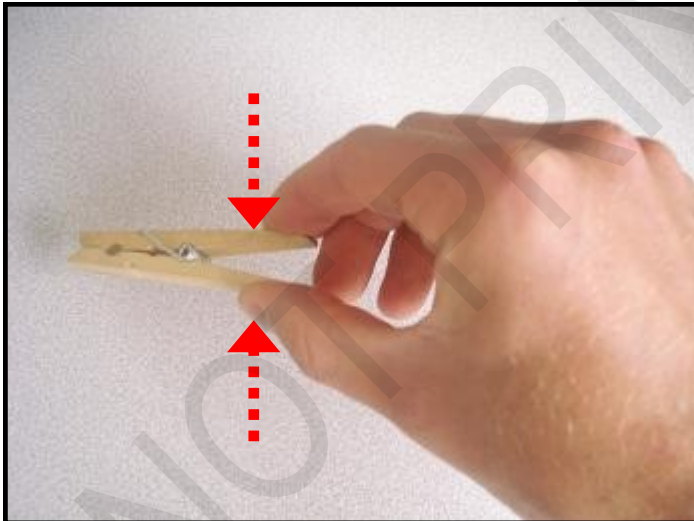
- Sit with a small piece of foam between the palm of your hand and your ring and little fingers
- Practice squeezing your ring and little fingers to squash the foam into your palm



## 7.b.1

### Squeeze clothes peg

- Grip the end of a peg between your index finger and thumb
- Squeeze to open the peg
- You may need to use your other hand to stabilise the peg initially

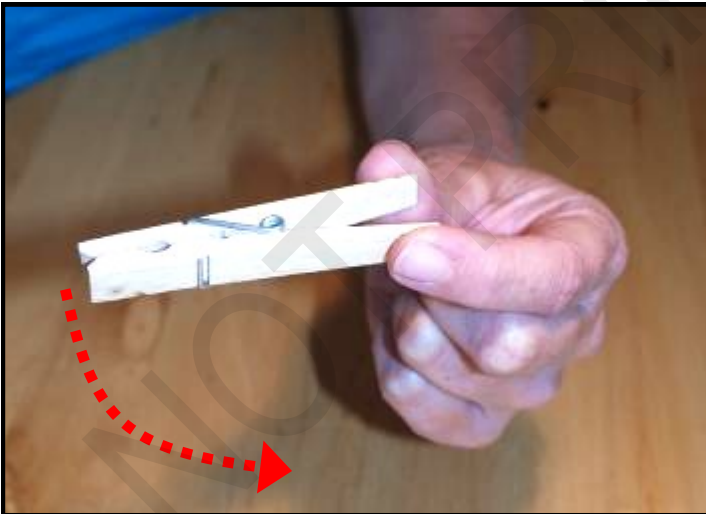




## 7.b.2

### Lower peg from horizontal to vertical

- Sit at a table and hold the end of a peg between your index finger and thumb.
- Hold the peg horizontally.
- Practice reducing the pressure on the peg to allow the peg to lower slowly to a vertical position.
- Ensure that you don't let go of the peg.



### 7.b.3

#### Lift a sealed bottle and straw

- Sit with a sealed, thin plastic bottle and straw on a table in front of you.
- Fill the plastic bottle most of the way with some coloured liquid and mark a line on the straw - your therapist will assist you to set this up
- Practice lifting up the bottle without letting the fluid raise above the marked line on the straw.



## 7.b.4

### Pick up small object then drop

- Sitting or standing in front of table
- Pick up a small object between your index finger and thumb
- Drop the object onto the table by releasing the pinch grip



## 7.b.5

### Pick up small object then replace

- Sitting or standing in front of table
- Pick up a small object between your index finger and thumb
- Replace the object without knocking over by releasing pinch grip



## 7.b.6

### Pick up a coin

- Place your index finger and thumb either side of a coin with no other fingers touching the table
- Pick up the coin by stabilising with your thumb and pinching underneath with your index finger
- Try to replace on table as gently as possible



## 7.c.1

### Pinch through cup handle

- Sit at a table
- Reach for a cup handle in front of you
- Form an 'O-shape' with your thumb and index finger through the cup handle without touching the cup
- Release and withdraw your hand again without touching the cup



## 7.c.2

### Take and replace small items on shelves

- Practice grasping and releasing small objects, for example herb jars, on shelves
- Your therapist can advise you on varying the heights and positions of the objects.
- Your therapist may also recommend to use only plastic / metal / non-breakable items



### 7.c.3

#### Maintain grasp using tweezers and a coin

- Sit with some plastic tweezers in your hand as shown.
- Place a coin in between the end of the tweezers and squeeze on the tweezers with your ring and little fingers to hold the coin.
- Practice turning your wrist over without dropping the coin, then practice bending your wrist with your wrist turned over.





## 7.c.4

### Buttoning and un-buttoning

- Wearing an item of clothing with buttons on practice un-buttoning with your weaker hand only
- Practice then buttoning up again - you will probably need to assist with your other hand



## 7.c.5

### Turn pages

- Sitting or standing in front of a table
- Lay a newspaper / magazine / book out flat
- Practice turning the pages in both directions
- You may need to use your other hand to stabilise



## 7.c.6

### Fold washing on table

- Sitting or standing in front of a table
- Place an item of clothing flat on the table with your weaker hand only if possible
- Fold the item using your weaker hand only



## 7.c.7

### Remove and re-pin items on notice board

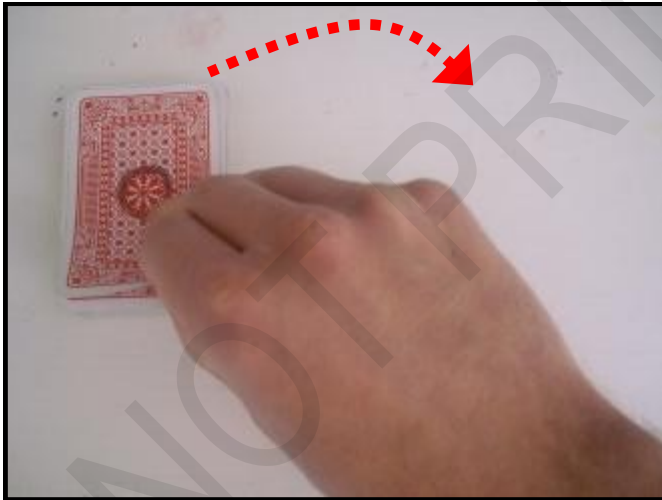
- Sitting or standing
- Remove and replace pin
- Change the position the pin is replaced each time
- Progress to pinning up paper



## 7.c.8

### Turn over cards

- Practice taking one card at a time from stack and turning over
- Your therapist may also advise you to practice:
  - Shuffling cards
  - Fanning cards out
  - Dealing cards



## 7.c.9

### Play game involving dexterity

- Practice picking up pieces of games / puzzles between your thumb and index finger
- Your therapist may also advise on other games involving dexterity you could practice



### Place pegs in a peg board

- Sit with a peg board and some cylindrical pegs on a table in front of you.
- Practice picking up the pegs one at a time and placing them in the holes in the peg board.
- Ensure that your shoulder does not hitch and your trunk does not bend to the side when reaching.



## 7.c.11

### Take matches out of match box

- Practice taking individual matches out of a match box then placing back in the box





## 8.a.1

### Cup hand to pick up a plate

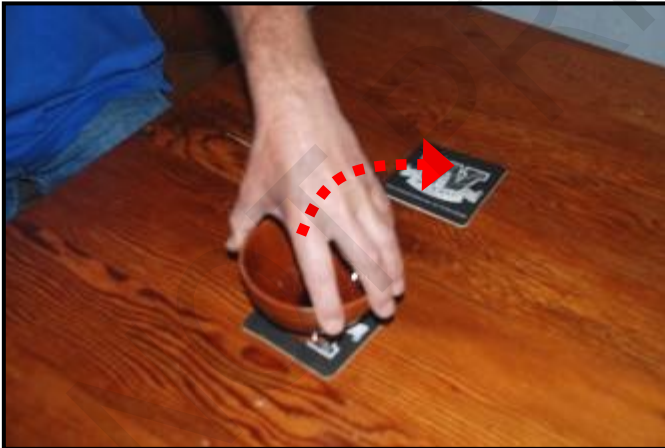
- Sit with a plate on a table in front of you.
- Practice picking up the plate by placing your fingers underneath and your thumb on top of the plate.



## 8.b.1

### Pick up and move bowl

- Sit at a table with a bowl on a mat
- Pick up the bowl by reaching from above and spreading your fingers around the rim
- Lift the bowl off the mat and move to another mat on the table
- Place the bowl on the mat gently



## 8.b.2

### Unscrew jar lid

- Sit at a table with a jar in front of you
- The jar may need to be loosened by your therapist or carer
- Spread the fingers of your weaker hand around the jar lid and practice unscrewing and screwing back on
- Stabilise the jar with your other hand



## 8.c.1

### Stack cups

- Take one cup at a time from a stack and build a separate stack
- You will likely need to use your other hand to stabilise the cups



## 8.c.2

### Stack coins

- Pick up coins one at a time and hold all the coins in your hand as you pick them up
- Try to stack the coins into a pile without dropping any.
- Once stacked, you can then try removing the coins from the stack one at a time



## 8.c.3

### Use purse / wallet

- Practice using your purse / wallet.
- Specific tasks you can practice are:
  - Opening and closing the purse or wallet
  - Removing and replacing cards
  - Removing and replacing notes
  - Removing and replacing coins



## 8.c.4

### Choose key from a bunch

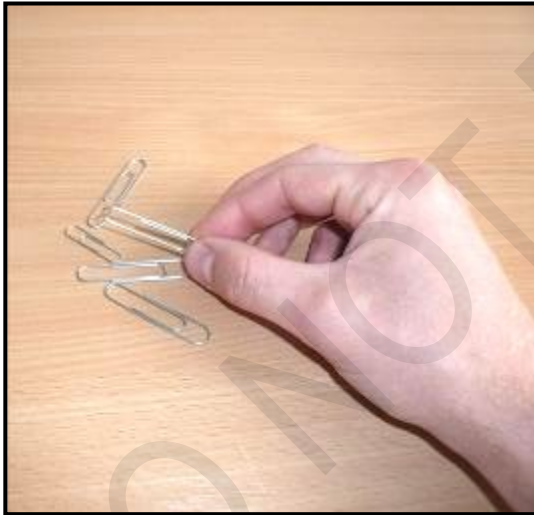
- Hold a bunch of keys in your weaker hand
- Practice choosing each key on the ring individually using your weaker hand only



## 8.c.5

### Make a chain of paperclips

- Pick up paper clips one at a time
- Hold all the paper clips in your hand as you pick them up
- Once you have picked them all up, try to make a chain out of them  
- you will need to use both hands for this part of the task





## 8.c.6

### Tie and un-tie shoe laces

- Sitting
- Put your shoes on first
- Practice tying and untying your laces - you will need to use both hands



## 9.a.1

### Use computer

- Practice typing and using the mouse



## 9.a.2

### Knitting

- Practice knitting with your normal needles and wool



### 9.a.3

#### Wash up cutlery

- Hold cutlery in one hand and clean with the other
- Alternate which hand stabilises and which cleans



## 9.a.4

### Wash up crockery

- Hold a plate in your weaker hand between your thumb and fingers with your hand cupped
- Clean the plate with your other hand
- Practice stacking in the draining board once clean



## 9.a.5

### Brush teeth

- Can practice ‘teeth brushing action’ as an exercise without toothpaste, with water only
- When actually brushing your teeth also practice squeezing the tube with your weaker hand



## 9.a.6

### Shaving

- Practice shaving with the razor you normally use
- It may be safest to practice this initially with supervision - your therapist will give you advice on this



## 9.a.7

### Brush hair

- Practice brushing your hair using the brush or comb you usually use





## 9.a.8

### Writing

- Using your weaker hand only:
  - Pick up a pen
  - Remove the lid
  - Practice writing - you may need to steady the paper with your other hand



## 9.a.9

### Peg out washing

- Using 2 hands, practice pegging items of clothing onto a washing line.

