

HOW TO HELP YOURSELF

Home Practice Activities for the Affected Arm (EXCITE Trial)

1. Ring Toss

Activity Description: Plastic rings and plastic bar or prong are used for this task. The subject place a plastic ring onto a plastic prong / bar that is either held by a trainer or paced on a table.

Progression:

- The prong/bar can be moved father away to challenge elbow extension.
- The prong/bar can be placed higher to challenge shoulder flexion.
- The prong/bar can be placed more to the more-affected side to challenge shoulder horizontal abduction.

1. Blocks onto a box

Activity Description: A box and several blocks are used for this task. The subject moves small wooden blocks from the table to the top of a box. The placement and height of the box depend on the movements desired. For example, the box can be placed directly in front of the subject to challenge shoulder flexion and elbow extension; placed to the side to challenge shoulder abduction and elbow extension.

Progression:

- The box can be moved farther away to challenge elbow extension.
- A higher box can be used to challenge shoulder flexion.
- Larger and smaller blocks can be used to challenge wrist and hand control.

1. Vertical pegboard

Activity Description: A pegboard and pegs are used with this task. The subject lifts a wooden peg and places it in a designated hole on the pegboard. The pegboard can be placed flat or more vertically at any angle depending on the movement desired. For example, the flat pegboard position challenges elbow extension: the vertical pegboard position challenges elbow extension with shoulder flexion.

Progression:

- The pegboard can be placed farther away to challenge elbow extension.
- The pegboard can be placed in a more vertical position to challenge shoulder flexion.

4. Hockey Puck

Activity Description: A hockey puck and masking tape are used for this task. Draw a line or place masking tape on a table. The subject grasps a hockey puck and pushes it to the line or tape marker by extending their elbow.

Progression:

- The line or tape marker can be moved away to challenge elbow extension.

- Require the subject to keep to the right or left (depending on more affected side) of a given line to limit compensatory movement to challenge movement control or shoulder horizontal abduction/adduction.

5. Horizontal Ring Toss

Activity Description: A bar and rings are used for this task. The subject is asked to place rings on a horizontally positioned bar. This activity can also be performed by repeatedly putting on and taking off the same ring during a given period of time.

Progression:

- The bar can be moved further away to challenge elbow extension.
- The bar can be moved higher to challenge shoulder flexion.

6. Flipping Dominos

Activity Description: Approximately 25 dominos are placed in front of the subject. The subject is asked to reach forward and flip the dominos using either forearm pronation or supination. The correct movement can be best isolate by asking the subject to rest their forearm on the table during the task.

Progression:

- **Placing the dominos farther away to challenge elbow extension**
- **Using larger or smaller dominos to challenge wrist and finger control.**
- **Place dominos on a box to challenge shoulder flexion.**

7. Cake Rack

Activity Description: A cake rack and masking tape are used for this task. The subject holds a cake rack using a palmar grasp. The cake rack is held horizontal and parallel to the floor. The subject stands and rests their forearm in a bedside table. The bedside table is raised to the level of shoulder flexion and elbow extension tolerated by the subject (i.e. still allows forearm pronation and/or supination). Two pieces of masking tape are placed on either end of the cake rack (i.e. located 180 degrees across the circular cake rack). The subject is asked to flip the cake rack so that the tape markers go through a 90 or 180-degree arc using forearm pronation and/or supination.

Progression:

- Raise the bedside table requiring more shoulder flexion or elbow extension.
- Remove the bedside table to challenge shoulder and elbow control.
- Increase the degrees of active motion required from the subject to challenge forearm pronation and supination.

8. Weighted Extensions

Activity Description: The subject rests their forearm on a table so that their wrist is at the edge and their hand is dangling off the edge of the table. They are then asked to repeatedly raise their wrist while holding a weight.

Progression:

- Increase the amount of weight lifted to challenge wrist control and require a more difficult grasp.

9. Telegraph Key

Activity Description: A button (key) is attached to a counter and placed on a small square wooden platform. The subject is asked to depress the key repeatedly with one finger at a time. Subjects are instructed to isolate the individual finger movements by keeping their hand as flat as possible against the surface of the base of the apparatus.

Progression:

- Requiring the motion of more, less skilled fingers to challenge finger dexterity.
- Switching between fingers in a given trial to challenge finger dexterity.

10. Marbles

Activity Description: Marbles are placed in a bowl and a Chinese checkerboard is placed in front of the subject. The subject is asked to pick up the marbles (one at a time) and place them on the checkerboard. The subject is asked to place the marbles carefully so that they do not roll off the board.

Progression:

- Placing the bowl and checkerboard farther away from each other to challenge elbow extension and shoulder flexion.
- Using larger or smaller marbles to challenge finger dexterity.
- Using more difficult grasps to accomplish the task (i.e. using the thumb and third finger only) to challenge finger dexterity.

11. Bouncing Ball

Activity Description: The subject is asked to simply bounce and catch a ball repeatedly using one hand only.

Progression:

- Using larger balls to challenge wrist control.
- Performing the task while standing or walking to challenge coordination.

12. Cones

Activity Description: Cones and masking tape are used for this task, Cones are placed on the table as individuals or in a stack. The subject is asked to move cones from one position and stack them in another. As the subject progresses he should try to get the hand farther around the cone. He should also try to turn the wrist so that he can stack the cones more cleanly as well as release them more easily.

Progression:

13. Ping Pong Balls

Activity Description: Ping-pong balls and a container are used for this task. Ping-pong balls are placed on the table and the subject has to pick them up one at a

time and place them in a container. If the subject has trouble picking up the balls because they roll too fast, the balls can be placed on a towel to slow them down.

Progression:

- If the towel was used to decrease rolling, remove the towel to challenge the subject's speed of movement.
- Decrease the size of the opening of the container to challenge control of movement.
- Increase the number of balls to challenge the subject's endurance.
- Move the container farther away and more to the side to challenge elbow extension and/or shoulder abduction / adduction.
- Place the container on a box to challenge shoulder flexion.
- Use golf balls instead of Ping-pong balls (or vice versa if appropriate) to challenge wrist and hand control.
- Require the subject to use different types of grasp to challenge wrist and hand control.

14. Electrical Plug and outlet

Activity Description: An unwired outlet box and an electrical plug are used for this task. An unwired outlet box is placed on the table. The subject is asked to put the prongs of an electrical plug into the outlet. The plastic part of the plug can be modified to hold initially if needed.

Progression:

- Move the outlet box farther away to challenge elbow extension.
- Move the box higher to challenge shoulder flexion.
- Remove the material used to modify plug if modifications were made to challenge the wrist and hand control.

15. Clothes Pins on rack

Activity Description: A cake rack and a set of clothespins are used for this task. The rack can either be placed horizontally on the table or held vertically by the therapist. The subject is asked to either place clothespins on the rack, or to take them off, or both.

Progression:

- Increase the number of clothespins to challenge the subject's endurance.
- Move the cake rack farther away to challenge elbow extension.
- Place the cake rack on a box to challenge shoulder flexion.

16. Pushing checkers

Activity Description: Checker and masking tape are use for this task. Checkers are placed on the table. The subject is asked to extend his finger(s) to push the checkers to a predetermined point on the desk.

Progression:

- Increase the distance required to push the checkers to challenge the ability to extend their fingers.
- Increase number of checkers to challenge the subject's endurance.

17. Arc and Ring

Activity Description: Apparatus is a long board with two wooden pieces sticking up on both ends. Rings are placed on a piece of plastic tubing and both ends of the tubing are placed on the wooden piece so an arc is formed. The subject is asked to move the rings one at a time from the right side of the arc to the left side (or vice versa)

Progression:

- Increase number of rings to challenge the subject's endurance.
- Move the arc farther away to challenge elbow extension.
- Place the arc on a box or a higher table to challenge elbow extension and shoulder flexion.
- Use a longer piece of plastic tubing to make arc higher to challenge elbow extension and shoulder flexion.

18. Twisting Light Bulb

Activity Description: An unwired light socket and a light socket adapter are used for this task. An unwired light socket is placed on a table or mounted on a board and held vertically. A light socket adapter is used to twist into the light socket (instead of light bulb due to safety concerns). The subject is asked to either twist the adapter into the light socket, or to twist it out, or both.

Progression:

- Move the light socket farther away to challenge elbow extension.
- Move the light socket higher to challenge shoulder flexion.
- The number of times required to twist the adapter can be increased to challenge forearm pronation / supination.

19. Rolodex

Activity Description: A mark is made on the handle of a Rolodex and the Rolodex is placed on the table. The subject is asked to turn the handle of the Rolodex.

Progression:

- Move the Rolodex farther away to challenge elbow extension.
- Place the Rolodex on a box to challenge shoulder flexion.
- Increase the number of required turns to challenge the subject's endurance.
- Increase the amount of time required for each trial to challenge the subject's endurance.

20. Turning pages of a magazine

Activity Description: place magazine on a table. Ask subject to turn the pages of the magazine. Have the subject concentrate turning the pages by either pronating or supinating.

Progression:

- The position of the magazine can be changed (farther away from subject) to challenge elbow extension.

- Increase the amount of time for the subject to turn the pages or increase the number of pages that the subject must turn to challenge the subject's endurance.

21. Keyboard

Activity Description: Place a keyboard on a table. Have subject place hand on table and ask him to depress a key repeatedly with one finger at a time. Subject is instructed to isolate the individual finger movements by keeping their hand as flat as possible on the table.

Progression:

- Move the keyboard farther away from the subject to challenge elbow extension.
- Have subject alternate fingers within a trial to challenge finger dexterity.
- Increase the amount of time to challenge the subject's endurance.
- Have subject concentrate on a particular rhythm to challenge finger coordination.

22. Putting sticks into a bottle

Activity Description: Coffee stirrers and a bottle are placed on a table. The subject is asked to pick up the stirrers and place them in the bottle by either pronating or supinating the forearm.

Progression:

- Move the bottle farther away from the subject to challenge elbow extension.
- Place the bottle on a box to challenge shoulder flexion.
- Use the bottles with progressively smaller openings to challenge wrist and hand control.
- Increase the time or number of stirrers to challenge the subject's endurance.
- Change the type of grasp required to challenge wrist and finger control.

23. Cotton Balls

Activity Description: Cotton balls and some type of container are placed on the table. The subject is asked to pick up the cotton balls off the table and place them in the container. The subject is instructed to try to use a pincher grasp.

Progression:

- Use the containers with progressively smaller openings to challenge wrist and hand control.
- Move the container farther away from the subject to challenge elbow extension.
- Place the container or cotton balls on a box to challenge shoulder flexion.

24. Nuts and Bolts

Activity Description: A variety of nuts and bolts are placed on a table or in a bowl. A container is placed on the table. The subject is asked to pick up the nuts and bolts and place them in the container. If picking up the nuts and bolts initially

is too difficult, the therapist can hold them or they could be placed on a towel on the table.

Progression:

- Use progressively smaller nuts and bolts to challenge wrist and hand control.
- Remove the towel if used to challenge wrist and hand control.
- Move the container farther away to challenge elbow extension.
- Place container or nuts and bolts on a box to challenge shoulder flexion.
- Use containers with progressively smaller openings to challenge wrist and hand control.

25. Pennies from Beans (into Bank)

Activity Description: Several pennies are mixed into a small bowl of dried beans. The subject is asked to pick up the pennies one at a time and place them on a table, on a plate, in a container, etc.

Progression:

- Use the containers with progressively smaller openings, work toward placing the pennies in a bank to challenge wrist and hand control.
- Move the penny bowl and/or the container farther away to challenge elbow extension.
- Place the bowl or container on a box to challenge shoulder flexion.

26. Clothes Pin separation

Activity Description: Clothespins are strung on a wire horizontally between two poles. The subject holds a Ping-Pong paddle and moves the pins from one end of the wire to the other.

Progression:

- Increase the height of the set-up to challenge the ability to flex the shoulder.
- Move the set-up farther away to challenge the ability to extend the elbow.
- Move the clothespins farther to the more-affected side to challenge the ability to horizontally abduct their shoulder.

27. Switch board

Activity Description: Board with various switches and buttons is placed on the table (i.e. toggle switch, dead bolt, chain with slide, light switch, door bell). The subject is asked to flip on / off the available switches. The board can be placed flat or in a vertical position.

Progression:

- Increase the number of switches used to challenge the wrist and hand function. Place the board farther away to challenge elbow extension. Place the board in a more vertical position to challenge shoulder flexion.

28. Bolt Box

Activity Description: A board of vertically placed screws is placed on the table. The subject screws bolts onto screws of various sizes (ranging from large to small).

Progression:

- Decrease the size of the screw to challenge wrist and hand dexterity.
- Increase distance of the board from the subject to challenge elbow extension.

29. Hammer pegs into board

Activity Description: Board with pegs is placed on the table. Fisher-Price manufactures a children's toy that can be used for this purpose. The subject hammers pegs into the board until the pegs are flush with the board,

Progression:

- Place the board farther away to challenge elbow extension and shoulder flexion.
- Progress from using a built-up to no built-up handle on the hammer to challenge wrist and hand function.

30. Stacking canned goods

Activity Description: Cans are placed on the table in front of the subject. "Regular" soup cans or large "Chunky" soup cans may be used for this activity. The cans could be filled or empty. If empty, place tape over the rough edges of the open end of the can. A template is placed on the table with three circles drawn on the surface. The subject is asked to place the first three cans on the circles and all subsequent cans are stacked on top of the first three. The trainer can stabilize the cans initially.

Progression:

- Increase the size of the cans to challenge wrist and hand control.
- Increase the weight of the cans to challenge shoulder flexion.
- Place the template farther away from the subject to challenge elbow extension.
- Progress from an overhand grasp to a cylindrical grasp to challenge wrist and hand control.

31. Hangers

Activity Description: A stack of wire clothes hangers is placed on the table. The subject is asked to hang the hanger on a horizontal bar, which is placed at different heights, depending on the participant's ability.

Progression:

- Increase the height of the bar to challenge shoulder flexion and elbow extension.
- Increase the distance the participant stands from the bar to challenge elbow extension.

32. Modified Fencing

Activity Description: The subject is given a dowel rod with or without a built-up handle. A board with twelve holes arranged like a face of a clock is placed in front of the subject. The subject sits in a chair with his/her arm relaxed, holding the dowel rod with the tip of the rod touching the floor. The subject is asked to

place the tip of the dowel rod into one of the holes and return to the starting position.

Progression:

- The distance between the subject and the board to challenge elbow extension.
- The height of the board to challenge shoulder flexion.
- The number of holes attempted to challenge the subject's endurance with the activity.
- Progress from using a built-up to no build-up handle to challenge wrist and hand control.

33. Block Tower

Activity Description: The subject is given rectangular wooden blocks, 3" x .5" x .75", and is asked to build a tower by placing horizontally 3 blocks on the table and stacking three blocks perpendicular on top. The subject continues to stack in this manner until the time interval is over. As the subject progresses, can continue to break up stacking into time interval, but have subject continue to add to the existing tower instead of starting over each time.

Progression:

- Increase the distance of the starting position to challenge elbow extension.
- Increase the height of the tower to challenge shoulder flexion.
- Increase the number of blocks attempted to challenge wrist and finger control.

34. Chalkboard Cleaning

Activity Description: the subject is asked to erase marks on a chalkboard or dry erase board. This activity can be done either sitting or standing.

Progression:

- The board can be placed farther away from the subject to challenge elbow extension.
- The markings can be placed higher to challenge shoulder flexion.
- The markings can be placed farther to either side to challenge shoulder horizontal abduction or adduction.
- The number of markings drawn can be increased to challenge the subject's endurance.

35. Rubber bands

Activity Description: Rubber bands are placed in a bowl or on a flat surface. The subject picks up one rubber band at a time and places over a cylinder

Progression:

- Place rubber bands at varying distances and heights from the subject to challenge elbow extension and shoulder flexion.
- Use a wider cylinder to challenge finger dexterity.

36. Tong Pick Up

Activity Description: Ping-pong balls or similar objects are placed in a large bowl. The subject picks up a ball using a pair of tongs and places it in a second bowl.

Progression:

- Moving the bowls farther apart to challenge shoulder ab / adduction.
- Moving the bowls farther away from the subject to challenge elbow extension.
- Placing the bowls on a box to challenge shoulder flexion.
- Use smaller balls to challenge wrist and finger control.

37. Pulling Light Chain

Activity Description: A light with a pull chain is used for this task. It can be attached to a board or to the side of a wood box, etc. The subject is asked to pull the chain/string to turn the light off/on (or simulate if not hooked up to a power source).

Progression:

- Start by having subject only grasping the chain and progress to having the subject release the chain after each pull to challenge finger extension.
- Various objects can be attached to the end of the chain to make it easier or harder to hold to challenge the grasps.
- The required grasp can be varied.

38. Flower arranging

Activity Description: Plastic artificial flowers and plastic flowerpot with foam in bottom of pot are used for this task. The subject is asked to pick up the various flowers one at a time and arrange them in a flowerpot.

Progression:

- Start with larger flowers with larger stems and progress to smaller flowers to challenge grasps.
- Vary the size of the flowerpot used to challenge accuracy of movement.
- Modify the position of the flowerpot to challenge elbow extension.
- Modify the position of the flowers to challenge elbow extension.

39. Mashing out Play-Doh

Activity Description: A circle is drawn on a piece of cardboard and a ball of Play-Doh or Theraputty is placed in the center of the circle. The subject is asked to mash the Play-Doh using the palm of the hand and/or the fingertips until the Play-Doh has covered the circle.

Progression:

- Modify the size of the circle.
- Use less pliable Theraputty to challenge elbow extension.
- Modify the position of the piece of cardboard to challenge shoulder flexion.
- Decrease the amount of Play-Doh / Theraputty used to cover the circle.

40. Water Bottle

Activity Description: A water bottle or soda bottle filled with fluids is placed on the table. The subject is asked to use a cylindrical grasp to pick up the bottle and move it from one target while maintaining forearm in a neutral position.

Progression:

- Vary the size of the bottle to challenge finger flexion / extension.
- Vary the amount of liquid in the bottle to challenge finger flexion, elbow and shoulder flexion.
- Take the top off the bottle so the subject has to avoid spilling the liquid to challenge control.
- Modify the target positions.

41. Dot-to-Dot

Activity Description: A dot-to-dot picture is taped to the table. Subject uses pen or marker. The subject is asked to use the pen/marker to connect the dots to complete the picture.

Progression:

- Vary the required grasp.
- Start with a foam build-up on the pen and remove as subject improves to challenge finger flexion.
- Vary the placement of the picture (can tape to the wall, etc.) to challenge shoulder flexion.
- Vary the size of the picture.

42. Fork & Meat

Activity Description: Pieces of Play-Doh are placed on a plate, which is on the table. The subject is asked to use a fork to pick up the pieces of Play-Doh and move them to a container one at a time. The therapist can assist with pulling the pieces off of the fork if necessary but the subject should be encouraged to pull the fork out while the therapist holds the Play-Doh.

Progression:

- Start with a foam build-up on the fork and remove as the subject improves to challenge finger flexion.
- Increase the number of pieces required to move to challenge endurance.
- Modify the position of the plate and / or container to challenge elbow extension, shoulder flexion, adduction / abduction.

43. Beans & Spoon

Activity Description: Dry beans are placed in a bowl on a table. The subject is asked to use a spoon (with foam build-up if necessary) to scoop the beans out of the bowl and place them in another container.

Progression:

- Remove the foam build-up as the subject improves to challenge finger flexion.
- Have the subject place the beans in containers with progressively smaller openings to challenge accuracy.
- Use various sizes of dried beans to challenge control.

- Modify the position of the bowl and/or the container to challenge the elbow extension, shoulder flexion, adduction / abduction.
- Start with the spoon already in the subjects hand, progress to the subject picking up and releasing the spoon independently to challenge finger flexion / extension.

44. Cutting meat

Activity Description: A plate, knife and Play-Doh are used for this task. A lump of Play-Doh is formed into a “hamburger patty” and placed on a plate on the table in front of the subject. The subject is asked to use the knife to make slices in the Play-Doh as if they were cutting a piece of meat.

Progression:

- Start by using a foam build-up on the knife and as the subject improves remove the foam build-up to challenge finger flexion.
- The Play-Doh can be made thicker to add more resistance.

45. Toothbrush and sponge

Activity Description: A toothbrush, cup or bowl and sponges are used for this task. The bowl / cup of water is placed on the table. The subject is asked to dip the toothbrush into the water and then to brush the sponge until it is completely wet.

Progression:

- Start by using a foam build-up on the toothbrush and as the subject improves, remove the foam build-up to challenge grasp control.
- Increase the size of the sponge to challenge endurance.
- Move the water bowl and / or the sponge farther out on the table to challenge elbow extension and shoulder flexion.

46. Poker Chips

Activity Description: Potential shaping Progression:

- Lay the poker chips flat on the table as the subject improves, to challenge pincher grasp and coordination.
- Increase the number of chips that the subject is required to place in the bank to challenge endurance. Move the bank farther away to challenge elbow extension.
- Place the bank on a box on top of the table to challenge shoulder flexion.
- The size of the slot in the bank can be decreased with improvement to challenge accuracy.

47. Washcloth wipe to measure reach

Activity Description: A washcloth, ruler, tape and desk / table surface are used in this task. The subject is asked to use the washcloth while making a wiping motion toward a given target. This can be done toward a target in front of the patient or in a different or variety of direction depending on which shoulder motions you are trying to focus upon.

Progression:

- The target can be moved farther away from the subject to challenge elbow extension and increased shoulder range depending on the direction the target is moved.
- Initially the subject can start with the cloth on the table and as they improve require the subject to pick up the cloth and place it on the table. Or possibly dip it in a bowl first to imitate wetting the cloth.

48. Pouring from mug

Activity Description: A mug with handle, beans or marbles and a cup or bowl are used for this task. Beans or marbles are placed in this mug and the subject is asked to pick up the mug by the handle and pour the beans into the cup or bowl without spilling any and then sit the mug back on the table.

Progression:

- Start with a lightweight plastic mug and as the subject improves progress to a heavier glass mug to challenge the wrist extensors, finger flexors, and forearm supinators.
- Decrease the size of the opening of the container that the subject must pour beans / marbles into to challenge accuracy. Place the receiving container on a box on top of the table to challenge shoulder flexion. Move the receiving container farther away from the subject to challenge elbow extension.

49. Manipulating Paperclips

Activity Description: A piece of sturdy cardboard and a set of paperclip are used for this task. The subject is asked to pick paperclips up off the table and put them along the edge of the sturdy piece of cardboard. The cardboard will need to be stabilized by the trainer. The subject could also be asked to remove the paperclips and place them back on the table. If it is too difficult for the subject to pick up paperclips from a flat position initially, the paperclips can be placed upright in a lump of Play-Doh or held upright by the trainer.

Progression:

- Start by placing paperclips upright and progress to the paperclips lying flat on the table.
- Decrease the size of the paperclips to challenge pincher grasp and coordination.
- Move the cardboard farther away from the subject to challenge elbow extension.
- Place the cardboard on a box on top of the table to challenge shoulder flexion.

50. Lacing activity

Activity Description: A lace board is used for this task. The subject is asked to lace the string through the fabric on the lace board in a manner similar to lacing a shoe.

Progression:

- The trainer can stabilize the fabric and board initially and then decrease the amount of stabilization as the subject improves.
- Start with the fabric that has large holes and a thick string and decrease the size of holes and string to challenge coordination.
- Move the lace board farther away from the subject to challenge elbow extension.
- Place the lace board on a box on top of the table to challenge shoulder flexion.

51. Buttoning activity

Activity Description: A buttoning activity board or a shirt with buttons is used for this activity. The subject is asked to button and unbutton the shirt or board. The trainer will stabilize the shirt or board.

Progression:

- Decrease the size of the buttons and buttonholes to challenge coordination.
- Increase the amount of buttons to challenge endurance.
- Move the button board farther away from the subject to challenge elbow extension.
- Place the button board on a box on top of the table to challenge shoulder flexion.

52. Calculator

Activity Description: A large number calculator is used for this task. The subject is asked to press a number on the calculator.

Progression:

- Initially the subject can use just one finger and then progress to using alternating fingers or different fingers in a particular sequence to challenge isolated finger movement and coordination.
- The number of required depressions can be increased to challenge endurance.
- The calculator can be moved farther away from the subject to challenge elbow extension.
- The calculator can be placed on a box on top of the table to challenge shoulder flexion.

53. Velcro Checkers

Activity Description: A checkerboard is used with pieces of Velcro on the separate squares. The 'checkers' are wooden pieces with Velcro on the bottom and a small plastic tubing strap attached to them forming a small arc over the top. The subject is asked to pick up the 'checker' by either a pincher grasp or by extending the finger through the loop (depending on the desired movement) and move it from one spot on the board to another.

Progression:

- Increase the number of 'checkers' to be moved to challenge endurance.
- Move the board farther away from the subject to challenge elbow extension.

- Place the board on a box on top of a table to challenge shoulder flexion.

54. Combination Lock

Activity Description: A combination lock is used for this task. The lock could be mounted on a board or held by the trainer in vertical or horizontal position. The subject is asked to turn the dial to the correct combination numbers and open the lock, then return it to its locked position.

Progression:

- Start with a foam build-up on the dial and remove it as the subject improves to challenge finger flexion and coordination.
- Use a variety of locks. Move the lock farther away from the subject to challenge elbow extension.
- Place the lock in a higher position to challenge shoulder flexion.

55. Removing Jar Lids

Activity Description: Jars with screw lids (peanut butter jars, etc.) are used for this task. The subject is asked to unscrew and remove the lid from a jar or a number of jars and place the lid on the table, then pick the lid up off the table and screw back onto the jar. The trainer can stabilize the jar.

Progression:

- Smaller jars can be used to challenge finger flexion.
- Larger jars can be used to challenge finger extension.
- The jar can be placed farther away from the subject to challenge elbow extension.
- The jar can be placed on a box on top of the table to challenge shoulder flexion.

56. Removing bottle caps

Activity Description: Bottles with screw on caps (Coke bottles, etc.) are used for this task. The subject is asked to unscrew and remove the cap from a bottle or number of bottles and place it on the table, then pick the cap up off the table and screw it back on the bottle. The trainer can stabilize the bottle.

Progression:

- Various size bottles can be used,
- The bottle can be placed farther away from the subject to challenge elbow extension.
- The bottle can be placed on a box on top of the table to challenge shoulder flexion.

57. Scooping

Activity Description: This activity requires two (or more depending on shaping progression used) containers, a scooping device, (I.e. large spoon, ice cream scoop), and an item to be scooped (i.e. dried beans, sugar, sand). The subject will scoop various items from one container to another.

Progression:

- Increase or decrease (depends on the subjects movement problems) size of scoop to challenge wrist and finger control.
- Increase or decrease weight and size (depends on subjects movement problems) of items being scooped to challenge wrist and finger control.
- Decrease size of containers to challenge shoulder and elbow control.
- Place the containers farther away/apart to challenge elbow extension.
- Place containers higher to challenge shoulder flexion.

58. Pushing a toy car

Activity Description: The activity requires a toy car (i.e. Tonka, hot wheels), markers and paper. The subject moves a toy car around a track drawn on paper by a trainer.

Progression:

- Start with a bigger toy car and progress to a smaller one when the subject is better able to grip small objects to challenge wrist and finger control.
- Progress from a straight track to one with large curves to one with smaller curves to challenge shoulder and elbow control.
- Increase the distance of the track away from the subject to challenge shoulder flexion and elbow extension.

59. Sewing

Activity Description: A large needle and stationary plastic crossboard are used for this task. The subject weaves the large needle through the stationary plastic crossboard.

Progression:

- The crossboard can be moved farther away to challenge elbow extension.
- Thickness of yarn can be increases to add more resistance.
- The crossboard can be placed higher to challenge shoulder flexion.

60. Door opening

Activity Description: Subject opens a door to a set point (marked with tape on the floor) and closes thee door.

Progression:

- Increase distance of excursion of door to challenge elbow extension.
- Choose doorknobs / handles of differing types to challenge wrist and finger control.
- Add unlocking / locking door to challenge fine motor skills.
- Add turning on / off light switch once door is open to challenge fine motor skills.

61. Dealing cards

Activity Description: An ordinary stack of playing cards is used for this task. The subject slides a card off of the top of the card deck (toward him / herself).

Progression:

- The deck can be placed farther from the subject on the table to challenge elbow extension.

- The subject can reach farther to deal the card to the trainer to challenge elbow extension.
- The deck of cards can be placed on a higher surface to challenge shoulder flexion.

62. Reading the local newspaper

Activity Description: The subject sits at a table and flips through the L.A. Times, beginning with the first page. The trainer acts as the subjects other hand, to stabilize the paper.

Progression:

- The subject can sit at a higher table to challenge shoulder flexion.
- The subject can reach for the far, vs. middle, or near edge of the paper to challenge elbow extension.
- Increase the number of pages the subject flips through.

63. Perfection

Activity Description: The subject sits at a table, a timer is turned on and the subject places the pieces as quickly as possible.

Progression:

- Move from sitting to standing.
- With or without forearm support.
- Increase number of pieces to place.
- Row placement close vs. distant.
- Subject places game pieces beyond previously filled rows.

64. Turning a flashlight on and off

Activity Description: The subject holds the flashlight with a palmar grasp and uses the thumb to slide or push the button to turn the flashlight on and off.

Progression:

- The size of the flashlight.
- The type of on/off button.
- Stabilization of the flashlight.

65. Push tacks into a foam board

Activity Description: A foam board and push tacks are used for this activity. The foam board (approximate dimensions: 14"x6"x2") is placed horizontally or vertically on the table and stabilized by the trainer. The subject is asked to push tacks into a design drawn on the board.

Progression:

- Increase the number of tacks.
- Move the board farther away or to either side to challenge elbow extension.
- Place the board on a high surface (i.e. box) to challenge shoulder flexion.

66. Twirling silverware

Activity Description: A utensil is used for this task. The subject holds the utensil by the handle, horizontally in his / her hand. The subject's elbow rests on the table, the elbow is bent, and the forearm is slightly pronated. Then, the subject is asked to manipulate the utensil by rotating it 360 degrees, along the horizontal or long axis of the utensil, allowing the end of the handle to rest in the palm of the hand, as needed.

Progression:

- The utensil grip size (build up to regular or thin sized utensils).
- Amount of forearm / elbow support.
- Weight / size of utensil.
- Amount of stabilization (e.g. end of utensil resting on plate or table).

67. Changing the batteries of a flashlight

Activity Description: The subject is seated at the table. The trainer stabilizes the base of the flashlight. The subject is asked to unscrew the lid of a flashlight, remove the batteries, replace the old batteries with new batteries obtained from the table, and replace the lid.

Progression:

- The size of the flashlight.
- The size of the batteries.
- Amount / type of stabilization of the flashlight.
- Standing vs. sitting
- Amount of UE support.

68. Lock and Key

Activity Description: The subject is asked to pick up a key from the table and insert this key into the keyhole of a doorknob. The subject proceeds to turn the key and unlock the door and then immediately in the opposite direction, back to the starting point. Finally the subject pulls the key out of the keyhole and places the key back on the table.

Progression:

- Move from sitting to standing
- With or without forearm support
- Height of door knob
- Distance of doorknob away from subject
- Key grip size
- Stabilization of key required for subject to grasp from table

69. Removing pen cap

Activity Description: The subject uses a palmar grasp to stabilize a marking pen with digits 3-5. The index finger and thumb grasp the cap and extend (at DIP and / or PIP joints) to remove the cap from the marking pen. After removing the cap, the index finger and thumb immediately flex to return the cap to the pen. The bottom of the pen cap is lifted a predetermined distance (e.g. just above the tip of the pen vs. 1 inch, which can be marked with tape or ink on the pen itself).

Progression:

- Diameter of the pen (large marker vs. ball point pen)
- Distance cap is lifted
- Stabilization of the pen
- Length of pen cap
- Resistance between pen and cap

70. Writing task

Activity Description: Patient practices writing signature.

Progression:

- Patient starts with pen build-up, then progresses to write without the build-up.
- Start with writing signature, then try longer pieces, like address and phone number.
- Patient starts writing in large letters on a dry eraser board and progresses to writing on a pad in sitting position.

71. Phrase writing

Activity Description: participant will write / copy page of words or sentences.

Progression:

- Length of piece to be composed or copied is increased.
- Build-up of writing utensil – decrease as patient improves.