

### Arm / Wrist strength:

Impacts thumb to finger alignment. When the wrist is flexed, then the fingers are not properly aligned. This photo shows the impact of lack of wrist strength on fingers.

As shown in these photos, this student needs to increase his forearm / wrist strength so his fingers are better aligned for fine motor manipulation.

### Activities to build strength:

1. Crawling on tummy using forearms (elbows bent). / combat crawling. Play a game with puzzle: taking one puzzle piece at a time. Holding something in hand with thumb, while weight bearing through the pinky-side of the hand will build wrist strength and hand stability!
2. Lying on tummy, propped up on elbows: pin push activity. Holding pin push with thumb, index, and middle fingers only, pin push around a design.
3. Flip crayons (by Learning Without Tears). Complete dot to dot, every time a dot is touched, must flip color using hands only.
4. Write / draw on vertical surface. Wrist extension promotes a natural phenomena of tenodesis. This is a better way to promote good habits / finger alignment than writing on a table. See attached.
5. Adaptive pencil grips can help. Some students have had experience with these, but most still require monitoring for correct finger positioning.

