

# Fine Motor Retraining

## Fine Motor Loss

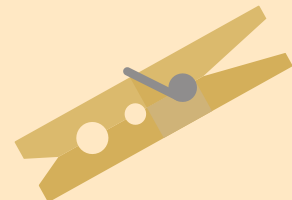
Movements involving your fingers and hands require fine motor skills. Many conditions that affect your nerves and muscles, such as stroke and spinal cord injury, can result in reduced strength and control of your fingers and hands. The journey to restoring use of your hand may seem overwhelming, however with rehabilitation, you may be able to regain some strength, function and independence!



## Exercises and Activities to Improve Fine Motor Skills

### Pegs Activities

- Practice opening and closing pegs
- Practice squeezing the peg, then holding for 10 seconds before releasing



### Twisting Cloth

- Hold the cloth with your stronger hand
- Practice twisting the cloth by using your weaker hand



### Coins Activities

- Pick up coins, keep the coins in your hand while picking up the next coin (collect 5-10 coins in your hand)
- Flip coins over using your thumb and index finger



## Finger Activities

- Practice typing or writing
- Play games on a smart phone or tablet



## Bean Activities

- Pick up beans one by one using your thumb and index finger
- Pick up beans using chopsticks
- Scoop beans using a spoon and transfer them from one bowl to another

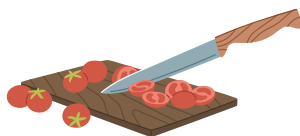


## Card Activities

- Hold a deck of cards with your stronger hand and use your weaker hand to shuffle the deck
- Lay cards on a table and then flip them over



## Use Your Affected Arm in Everyday Tasks



Cooking



Doing laundry



Reading



Drinking and Feeding



Tidy the house

### Do You Know?

The more often you use your affected arm, the more likely it is to improve!

Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

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Information shared is accurate as of December 2023 and subject to revision without prior notice.



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