

Occupational Therapy

Arm and Hand: Everyday Activities

Name: _____

Date: _____

Do only those activities your occupational therapist has checked off (☑).

Activities in everyday life to increase arm and hand function

In the kitchen

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|---|---|
| <input type="checkbox"/> Wash and dry the dishes. (Be careful with knives.) | <input type="checkbox"/> Mix or beat food in a bowl with a large spoon. |
| <input type="checkbox"/> Wipe the countertops and table. | <input type="checkbox"/> Open jars with screw lids. |
| <input type="checkbox"/> Load and unload the dishwasher. | <input type="checkbox"/> Open and close drawers and cupboards. |
| <input type="checkbox"/> Turn on and off the kitchen water tap. | |

At meal time

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|--|---|
| <input type="checkbox"/> Drink from a cup or glass (use caution with hot liquids). | <input type="checkbox"/> Use a fork, knife and spoon. |
| <input type="checkbox"/> Eat finger foods. | <input type="checkbox"/> Spread butter with a knife. |

Around the home

- | | |
|---|--|
| <input type="checkbox"/> Clean mirrors or windows. | <input type="checkbox"/> Fold clothes and towels. |
| <input type="checkbox"/> Water plants. Try using spray bottles filled with water. | <input type="checkbox"/> Put clean sheets on your bed. |
| <input type="checkbox"/> Place objects in a box or container and remove them one at a time. | <input type="checkbox"/> Sharpen pencils with a manual sharpener. |
| <input type="checkbox"/> Iron clothes (Be careful). | <input type="checkbox"/> Cut a piece of paper using scissors. |
| <input type="checkbox"/> Dust items in your home. | <input type="checkbox"/> Staple papers and punch holes in paper. |
| <input type="checkbox"/> Put clothes in and out of washing machine and dryer. | <input type="checkbox"/> Plant flowers and pull weeds in the garden. |
| | <input type="checkbox"/> Lock and unlock doors. |
| | <input type="checkbox"/> Turn door handles. |

If you have questions about arm and hand exercises, contact your occupational therapist.

_____ (OT) (_____) _____ - _____

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This information does not replace the advice given to you by your healthcare provider.

Around the home - continued

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|--|--|
| <input type="checkbox"/> Pick up small items and place in a container. Such as coins, beans, marbles, seeds, buttons, toothpicks, cotton balls. | <input type="checkbox"/> Open and close safety pins. Practice pinning the safety pins to clothing. |
| <input type="checkbox"/> Use tweezers to pick up small items. | <input type="checkbox"/> Tear sheets of paper or tissues into smaller pieces. |
| <input type="checkbox"/> Open and close zip-lock bags | <input type="checkbox"/> Practice flipping coins. Place a row of coins on a table and flip them one at a time. |
| <input type="checkbox"/> Practice doing buttons and using zippers. | <input type="checkbox"/> Practice taking coins, bills, and cards in and out of your wallet. |
| <input type="checkbox"/> Practice writing: <ul style="list-style-type: none">- your name and signature- your address- the alphabet | <input type="checkbox"/> Roll a pencil between thumb and fingers. |
| <input type="checkbox"/> Practice drawing a line with a ruler. | <input type="checkbox"/> Place a rubber band around different sized containers. |
| <input type="checkbox"/> Practice typing on a computer. | <input type="checkbox"/> Put paper clips onto paper. |
| <input type="checkbox"/> Practice threading beads. | <input type="checkbox"/> Tie your shoe laces. |
| <input type="checkbox"/> Screw nuts and bolts together. Start with a large size and switch to smaller sizes as you improve. | <input type="checkbox"/> Tie knots in rope. |
| | <input type="checkbox"/> Peel vegetables. |
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Games

- | | |
|---|---|
| <input type="checkbox"/> Pass a large, soft ball back and forth with someone using both hands. | <input type="checkbox"/> Practice dealing a deck of cards, one card at a time. |
| <input type="checkbox"/> Pass a smaller ball back and forth with someone using both hands. | <input type="checkbox"/> Practice shuffling a deck of cards. |
| <input type="checkbox"/> Pass a smaller ball back and forth with someone using just your affected hand. | <input type="checkbox"/> Play a game with playing pieces such as checkers, dominos, or mah-jong. |
| <input type="checkbox"/> Throw a ball against a wall and catch it. | If you have a piano, |
| <input type="checkbox"/> Bounce a ball with one hand and then alternating hands. | <input type="checkbox"/> Do simple five finger exercises by playing five notes, both up and down the keyboard. |
| <input type="checkbox"/> Copy or mirror another person's movements. | <input type="checkbox"/> Do simple hand stretching exercises by playing every other key, both up and down the keyboard. |

Remember to use your affected hand
